

**ROUGHNECK JH RELAYS 2019**  
**JUNIOR HIGH MEET - THURSDAY, MARCH 21, 2019**

Welcome to the 2019 Roughneck JH Relays. We are excited to have you as part of our meet this year. We have 6 teams competing and look forward to hosting a great meet. Entry fee for the meet is \$75 per JH division (7th girls, 8th girls, 7th boys, 8th boys). Please make checks payable to Sundown ISD. The schedule we will follow is posted below. We will start field events at 3:45 PM and will go with a rolling time schedule. In the horizontal jumps and throws athletes will get 3 attempts each with no finals. The running events will begin at 6:00 PM, or at the conclusion of the field events, and will be on a rolling time schedule. The Scratch Meeting and the Hospitality Room are both located in the field house. A concession stand will be available with meal deals - contact information below.

<b>SCHEDULE:</b>	2:15 - 3:15 PM	SCRATCH MEETING (FIELD HOUSE)
	3:00 PM	COACHES MEETING (FIELD HOUSE)
	3:45 PM	FIELD EVENTS
		2400M
	APROX. 6:00 PM	RUNNING FINALS

**\* RUNNING FINALS WILL START AT THE COMPLETION OF THE FIELD EVENTS,  
 HOWEVER, NO EARLIER THAN 6:00 PM**

**FIELD EVENTS: 3:45 PM (ROLLING SCHEDULE)**

LJ	TJ	HJ	PV	SHOT	DISC
8G	8B	7B	GIRLS	7G	8G
7G	8G	8B		8B	7B
7B	7G	8G	BOYS	8G	7G
8B	7B	7G		7B	8B

\* WE WILL COMBINE 7TH & 8TH GIRLS POLE VAULT AND 7TH & 8TH BOYS POLE VAULT

LONG JUMP - NORTH PIT	HIGH JUMP - NORTH END	SHOT - EAST END
TRIPLE JUMP - SOUTH PIT	POLE VAULT - NORTH PIT	DISCUS - NORTH END

**2400M: 3:45 PM**

**RUNNING FINALS: 6:00 PM**

400M RELAY  
 800M  
 100M HURDLES (30")  
 110M HURDLES (33"-7TH / 36"-8TH)  
 100M  
 800M RELAY  
 400M  
 300M HURDLES (GIRLS-30" / BOYS-33")  
 200M  
 1600M  
 1600M RELAY

<b><u>RUNNING ORDER</u></b>	<b>MY CONTACT INFORMATION:</b>
7TH GIRLS	ADAM CUMMINGS
8TH GIRLS	CELL: (806) 685-6743
7TH BOYS	SCHOOL: (806) 229-3021 ext. 217
8TH BOYS	acummings@sundownisd.com

**\* THE SUNDOWN SENIOR CLASS WILL HAVE A  
 CONCESSION STAND AND MEAL DEALS WILL BE  
 AVAILABLE.**

**CONTACTS FOR SENIOR CLASS:**  
 JON TOWNSEND / GLORIA HERRERA / MANDY BELEW  
 jtownsend@sundownisd.com  
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 mbelew@sundownisd.com