



South San Antonio ISD
Athletic Department
2737 Bobcat Lane
San Antonio, TX 78224
(Office) 210.977.7390

The South San Relays are scheduled for **Wednesday March 6, 2024** for both Varsity and JV levels. Workers pick up field event equipment and curve flags on the outside of the boy's field house from Coach H. Lopez. South San athletes will assist with blocks/hurdles.

Assigned officers have been asked to restrict athletes from jumping rails and fences to get on the field.

General Information

1. **FINALS ONLY** – running/field events.
2. All races will check-in for events on the football field.
3. If you have athletes in both field and running events, instruct them to report to the field event for check in. Any time an athlete leaves a field event to participate in a running event, he/she must tell the field event judge. *Athletes have 15 minutes to return to the event.*
4. Uniformed participants will be allowed entry onto track. Field Events - Var. 3 attempts, JV. 3 attempts
5. Opening heights/throws will be finalized at packet pickup. ***Not all heights/throws will be measured.***
6. 3200m and 1600m may be combined into single heats.
7. Only 1/8" spikes are allowed!
8. **AWARDS:** Coaches pick up awards at the Field House Office after the meet. *Final sheets will be emailed.*

Varsity Meet Champion & Runner up Plaque
Varsity: Medals 1-3
Junior Varsity Team Champion Plaque
JV: Medals 1-3

Submit your entries on track mate by 4:00 pm on Tuesday, March 5, 2024. ***Enter team roster and event entries into TrackMate.*** Feel free to contact Kayla Markgraf at kmarkgraf@southsanisd.net if you have any questions.

SCHEDULE

FIELD EVENTS (VARSITY 3 ATTEMPTS / JV 3 ATTEMPTS): 4:30 PM

LONG JUMP	TRIPLE JUMP	DISCUS	SHOT PUT	HIGH JUMP	POLE VAULT
V Boys	V Girls	V Girls	V Boys	JV Boys	V Girls
V Girls	V Boys	V Boys	V Girls	V Boys	V Boys
JV Boys	JV Girls	JV Girls	JV Boys	JV Girls	JV Girls
JV Girls	JV Boys	JV Boys	JV Girls	V Girls	JV Boys

3200 @ 4:30 PM

JV Girls, V Girls, JV Boys, V Boys (May combine pending on number of participants)
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RUNNING EVENTS (FINALS ONLY): 5:30 PM

4 x 100 Relay	JV Girls, JV Boys, V Girls, V Boys
800	JV Girls, JV Boys, V Girls, V Boys
100 Hurdles	JV Girls, V Girls
110 Hurdles	JV Boys, V Boys
100	JV Girls, JV Boys, V Girls, V Boys
100 Wheelchair	
4 x 200 Relay	JV Girls, JV Boys, V Girls, V Boys
400	JV Girls, JV Boys, V Girls, V Boys
400 Wheelchair	
300 Hurdles	JV Girls, JV Boys, V Girls, V Boys
200	JV Girls, JV Boys, V Girls, V Boys
1600	JV Girls, JV Boys, V Girls, V Boys
Weightman Relay	
4 x 400 Relay	JV Girls, JV Boys, V Girls, V Boys

SOUTH SAN ANTONIO TRACK & FIELD STADIUM RULES

1. Buses will park at the South San Athletic Center. Coaches and their teams will enter the stadium on the VISITOR SIDE Entry.
2. There will be NO campsites under the bleachers. Schools will be assigned a zone on the visitor **side** bleachers. Contestants will remain in their zone until race time. (see attachment)
3. When called for your race, coaches and participants in uniform will use the field house gate @ the (300M) to enter track for race and times. After your race, return to the bleachers through the (200M) gate.
4. No camp sites or backpacks on the football field. No jumping over fences.
Visiting coaches are asked to reinforce the rule.
5. Use exchange markers on track and jumping pits.
6. Spectators and friends must view races from the home side bleachers.

SOUTH SAN WEDNESDAY, MARCH 6, 2024 JV/V
KENNEDY
MEDINA VALLEY
HEALTH CAREERS
WARREN
PROV/CENT
JEFFERSON
BURBANK
SOUTH SAN
SOTOMAYOR
MEMORIAL