

Max Goldsmith Relays



Lewisville High School
March 5th, 2020

Dear Coach,

This is to confirm your entry in the Max Goldsmith Relays held at Lewisville High School. Event schedule and general meet information are a part of this email. The following teams will be competing in this year's meet:

Lewisville	Arlington Seguin	Garland Naaman Forest	Byron Nelson
Carrollton Smith	Grapevine	Uplift Summit Int'l Prep	Garland Sachse
Keller Fossil Ridge	Denton Ryan	Dallas Highland Park	Keller Timber Creek
Irving MacArthur	Northwest Eaton	Plano East	Southlake Carroll

If you have any other questions, please call (817-721-1196) or email (hanchak-mossh@lisd.net)

Thanks,
Heather Moss



Max Goldsmith Relays General Information

Thursday, March 5th
Max Goldsmith Stadium, Lewisville High School, Lewisville, Texas
1098 W Main St.
Lewisville, Texas 75067

Schedule of Events – Please review carefully!

Thursday, March 5th (Field Events 9:00) Rolling Events to Follow – Times are Estimates
Scratch Meeting – 8:30 AM
9:00 Shot Put (JVG/VG/JVB/VB)
9:00 Discus (JVB/VB/JVG/VG)
9:00 Pole Vault (JVG/JVB/VG/VB)
9:00 Long Jump JVG/JVB East Runway ----- VG/VB West Runway
9:00 High Jump (JVB/VB/JVG/VG)
Triple Jump Follows Conclusion of Long Jump - JVG/JVB East Runway ----- VG/VB West Runway
9:30 3200 (JVG/VG/JVB/VB)
11:00 SMR (JVG/VG/JVB/VB)
4x800m Relay (JVG/VG/JVB/VB)
12:30 – 1:30 Lunch and Track Open for Warm Ups and Hand Offs
2:00 400m Relay
800m
100/110 Hurdles
100m Dash
800m Relay
400m Dash
300m Hurdles
200m Dash
1600
Open 1600 (time your own athletes)
1600m Relay

1. Field Events will begin at 9:00 AM. All athletes will get 3 attempts due to number of entries.
2. The 3200m (JVG, JVB, VG, VB) will begin at 9:30am.
3. Open 1600m will begin after the seeded 1600. You will time your own runners for the Open 1600 and it will be 1 girls race and 1 boys race.
4. The SMR and 4x800 will follow the 3200. The SMR will start at 11:00. The 4x800 will immediately follow.
5. The track will be open for relay handoffs between 12:30 – 1:30.
6. Each school will be allowed 3 Varsity entries per individual event and 3 JV entries per individual events. **We are using Athletic.Net for entries...Please go to that site to accept and enter the meet.** Entries will be due by 5pm Monday, March 2nd. Our timer needs the entries to pull heat sheets. Only scratches on the day of the meet.
7. No jam boxes or radios will be allowed. No sunflower seeds on the field.
8. Use only 1/4 inch or shorter spikes. Ask athletes not to wear spikes in bleachers.
9. **Please no camps on the infield.** This will delay the meet and with so many teams competing we need to make sure this area is for athletes warming up and our staging area only.
10. Campsites are not allowed in the bleachers area. You can have a camp under the stadium bleachers.
11. Concession stands will be available and there will be a coaches' hospitality room.
12. There is a gate fee for spectators: Adults \$5 and Students \$3.
13. Entry fee is \$500 for All 4 Divisions, (\$250 for a gender division of JV/V). Please make checks payable to **LHS CC/Track Booster Club Inc.** Mail payments to:

LHS CC/TRACK BOOSTER Club Inc.
1278 Justin Rd, Suite 109-B35
Lewisville TX, 75077



**Max Goldsmith Relays @ Max Goldsmith Stadium
Lewisville High School
Schedule of Events
March 5th, 2020**

- 8:30** Scratch Meeting: Team Room-Field House-South End
- 9:00** **Field Events**
- | | | |
|-------------|------------------|----------------------------------|
| Shot Put | JVG, VG, JVB, VB | (Grass Field) |
| Discus | JVB, VB, JVG, VB | (Grass Field) |
| Pole Vault | JVG, JVB, VG, VB | (Visitor Side Outside the Track) |
| High Jump | JVB, VB, JVG, VG | (South End) |
| Long Jump | JVG/JVB, VG/VB | (North End) |
| Triple Jump | JVG/JVB, VG/VB | (North End) |
- 9:30** **3200m Final** - (JVG/VG/JVB/VB)
- 11:00** **SMR** - (JVG/VG/JVB/VB)
4x800 – (JVG/VG/JVB/VB)
- 12:30 – 1:30** **Lunch and Track is Open**
- ** RUNNING FINALS - All races JVG, VG, JVB, VB – Heats against time**
- 2:00**
- | |
|--------------|
| 400m Relay |
| 800m |
| 100H/110H |
| 100m |
| 800m Relay |
| 400m |
| 300m Hurdles |
| 200m |
| 1600m |
| 1600 open |
| 1600m Relay |

Opening Heights

Girls Varsity Pole Vault 7'0" JV Pole Vault 6'0"

Girls Varsity High Jump 4'6" JV High Jump 4'2"

Boys Varsity Pole Vault 9'0" JV Pole Vault 8'0"

Boys Varsity High Jump 5'6" JV High Jump 5'2"