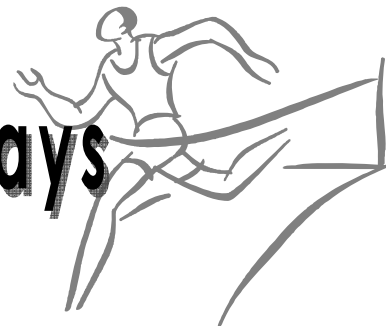


Want to gain some early season feedback on your distance squad?

Give your athletes a chance to pick up some nice hardware along with a little baton work!

Come join us at our new 8 lane all weather facility for the:

San Mateo Distance Relays



March 11, 2006
San Mateo High School
506 N. Delaware St. San Mateo, CA 94401

Entries/Fees: \$15.00 per relay team. Enter unlimited number of relay teams with a max of \$250.00 payable. **Make checks payable to San Mateo High School Running Club and are due when you arrive at the meet. Entries are via Direct Athletics (www.directathletics.com) and are due by midnight March 5, 2006.** Fans will be asked for a \$2.00 admission donation. No entry donation for up to 4 coaches. All other questions contact: Mark Greenough, 650.548.6909 or greenough@aol.com.

Awards: Medals to 1st three teams all divisions, team trophy by division

Facilities: Eight lane all weather track, separate warm-up field, restrooms and changing facility. Concessions and meet T-shirts will be sold.

Schedule of Events

<u>Time</u>	<u>Division</u>	<u>Event</u>
8:00 am	4 x 1600	Varsity Boys
8:30	4 x 1600	Varsity Girls
9:00	4 x 1600	Frosh Soph Boys
9:30	4 x 1600	Frosh Soph Girls
10:00	4 x 800	Varsity Boys
10:20	4 x 800	Varsity Girls
10:40	4 x 800	Frosh Soph Boys
11:00	4 x 800	Frosh Soph Girls
11:20	DMR	Varsity Boys
11:40	DMR	Varsity Girls
12:00 pm	DMR	Frosh Soph Boys
12:20	DMR	Frosh Soph Girls
12:40	2 x 3200	Boys
12:50	2 x 3200	Girls

Directions:

Southbound on Hwy 101 to San Mateo
Take the Poplar Ave. exit west 2 + blocks to Delaware Avenue, go right at the signal.
Go beyond the main school building, gym and theater; pull into the parking area between the theater and the athletic field.

Northbound on Hwy 101 to San Mateo
Take the Peninsula Ave. exit over the freeway west. Go 2+ blocks and go left at Delaware Ave.
Pass the Woodlake apartment complex and the district offices and pull into the parking area between the athletic field and the theater.

Boys } Devil Take
Girls } the Hindmost