

# 13<sup>TH</sup> Annual

## Nathaniel Haynes Heart of Texas Relays

HOSTED BY WACO HIGH SCHOOL

**Saturday, March 28, 2009**

Paul Tyson Stadium, Waco

## SCHEDULE OF EVENTS

**8:30 AM: 3200 Meter Run - JVG, VG, JVB, VB**

### **9:00 AM - BOYS FIELD EVENTS**

Long Jump One – J.V. Boys', Varsity Boys  
Long Jump Two – Freshman Boys'  
Triple Jump - Varsity Boys', Freshman Boys', J.V. Boys  
Pole Vault - Varsity Boys, JV Boys, Freshman Boys'  
High Jump – Freshman Boys, J.V. Boys, Varsity Boys  
Shot Put One- Freshman Boys, Varsity Boys  
Discus One- Varsity Boys, Freshman Boys,  
Shot Put Two- J.V. Boys  
Discus Two- J.V. Boys

### **9:45 AM: Girls' Running Prelims** *(immediately following 3200 meter run)*

All prelims will follow the order junior varsity, then varsity.  
400 Meter Relay  
100 Meter Hurdles  
100 Meter Dash  
400 Meter Dash  
300 Meter Hurdles  
200 Meter Dash

### **11:00 AM: GIRLS' FIELD EVENTS** *(immediately following boys field events)*

Long Jump One – J.V. Girls', Varsity Girls  
Long Jump Two – Freshman Girls'  
Triple Jump - Varsity Girls', Freshman Girls', J.V. Girls

Pole Vault - Varsity Girls, JV Girls, Freshman Girls'  
High Jump – Freshman Girls', J.V. Girls, Varsity Girls  
Shot Put One- Freshman Girls, Varsity Girls  
Discus One- Varsity Girls, Freshman Girls,  
Shot Put Two- J.V. Girls  
Discus Two- J.V. Girls

### **11:00AM: Boys' Running Prelims**

*(immediately following girls' prelims)*

All prelims will follow the order junior varsity, then varsity.

400 Meter Relay  
110 Meter Hurdles  
100 Meter Dash  
400 Meter Dash  
300 Meter Hurdles  
200 Meter Dash

### **Running Finals will start 1 hour after completion of prelims.**

400 Relay – FG, JVG, VG, FB, JVB, VB  
800 Meter Run – JVG, VG, JVB, VB  
100 Meter Hurdles – JVG, VG  
110 Meter Hurdles – JVB, VB  
100 Meter Dash - JVG, VG, JVB, VB  
800 Meter Relay – FG, JVG, VG, FB, JVB, VB (Against time - finals only)  
400 Meter Dash – JVG, VG, JVB, VB  
300 Meter Hurdles – JVG, VG, JVB, VB  
200 Meter Dash – JVG, VG, JVB, VB  
1600 Meter Run – JVG, VG, JVB, VB  
1600 Meter Relay – FG, JVG, VG, FB, JVB, VB (Against time - finals only)

### **2009 PARTICIPANTS**

#### **BOYS TEAMS:**

WACO  
UNIVERSITY  
MIDWAY  
LAVEGA  
MARLIN  
McNEIL  
BELTON

#### **GIRLS TEAMS:**

WACO  
UNIVERSITY  
MIDWAY  
LAVEGA  
MARLIN  
McNEIL  
BELTON  
KILLEEN ELLISON  
LANCASTER