



## *Texas Southern University*

### **Department of Athletics**

3100 Cleburne Avenue • Houston, Texas 77004

**Telephone (713) 313-7603**

Fax (713) 313-1045

Email: [bushrr@tsu.edu](mailto:bushrr@tsu.edu) / Website: [www.tsuball.com](http://www.tsuball.com)

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### **58<sup>TH</sup> ANNUAL TSU RELAYS**

The 58<sup>th</sup> Annual TSU Relay is quickly approaching, and now is the time to prepare for registration.

The TSU Relays is the 5<sup>th</sup> largest track and field meet in the country, where some of the nation's top high school, college, university and professional athletes will meet in competition.

The Relays are scheduled for March 20 - 21, 2009 at Texas Southern Alexander Durley Sports Complex...featuring its mundo track, one of the best running surfaces in the country.

Registration begins January 5 and runs through March 16, 2009. We have made it easy and convenient for each team. Just log-on to [www.directathletics.com](http://www.directathletics.com) to get your Athletes signed -up for the 2009 TSU Relays. You can also get all the information you need by logging on to [www.TSUball.com](http://www.TSUball.com).

Don't miss your opportunity to compete in the 58<sup>th</sup> Annual TSU Relays...  
**IT'S MORE THAN A TRACK MEET, IT'S AN EVENT!**

For additional information, please contact:

Roland Caldwell, TSU Relays Meet Director (713) 433-0527

Rosiland Thomas, TSU Office Manager (713) 313-6830

Rodney Bush, TSU Sports Information Director (713) 313-7603



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Dear Coaches:

The 58<sup>th</sup> Annual TSU Relays are scheduled for March 20 & 21, 2009 at Alexander Durley Sports Complex on Texas Southern University Campus. Please accept this letter as a formal invitation for you and your team to participate in the 2009 TSU RELAYS. We do hope that you will mark the above dates on your calendar and plan to be a part of this great event.

PLEASE FILL OUT THE BOTTOM PORTION AND FAX IT TO (713) 313-1045 OR MAIL IT TO THE ADDRESS BELOW.

MAIL TO:     ATHLETICS DEPARTMENT / TSU Relays  
              Texas Southern University  
              3100 Cleburne  
              HOUSTON, TEXAS 77004

\_\_\_\_ We plan to attend the 2009 TSU Relay.

\_\_\_\_ We do not plan to attend the 2009 TSU Relays.

PLEASE CHECK DIVISION.

\_\_\_\_Men     \_\_\_\_Women     \_\_\_\_High School Boys     \_\_\_\_High School Girls  
\_\_\_\_Middle School Boys     \_\_\_\_Middle School Girls

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School/Club

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Address

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City/State/Zip

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Coaches Name (please print)

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Area Code/School Phone

Area Code/Fax Number

Fax your confirmation to 713-313-1045 or e-mail to [rhcisc@aol.com](mailto:rhcisc@aol.com) or [Thomas\\_RH@tsu.edu](mailto:Thomas_RH@tsu.edu)

# 58th Annual TSU RELAYS APPLICATION



March 20 & 21, 2009  
Texas Southern University



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**Contact Name**

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**School/Club**

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**Division**

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**Address**

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**City**

**State**

**Zip**

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**Work Phone**

**Home Phone**

**Fax Phone**

**E-mail address**

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**Entry Fees**

Middle School	Boys/Girls	\$20.00	Each Team
High School	Boys/Girls	\$75.00	Each Team
College/University	Men/Women	\$150.00	Each Team

Invitational, Unattached Athletes \$20.00 per Athlete or \$100.00 per team, which ever is less.

All checks or money orders must be made payable to: TSU Relays Athletics Department

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**THIS FORM OR A COPY OF IT MUST ACCOMPANY ALL PAYMENTS.**

**MAIL TO:** Texas Southern Athletics, 3100 Cleburne Street, Houston, Texas 77004, Attn: Rick Holden

**58th  
Annual  
TSU  
Relays  
Entry  
Fee**

**Circle Payment Method:**     Check     Credit Card     Money Order     Cash

Check Number: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Phone:** (713) 313-4378 or 6830

**Fax:** (713) 313-1045

**Deadline: Mail before March 14, 2009**

# 58<sup>th</sup> Annual TSU Relays

## Friday, March 20, 2009

### Field Events

9:30am	Long Jump	University	Women	Final
	*Long Jump	University	Men	Final
	#Hammer	University	Women	Final
	*Hammer	University	Men	Final
11:00am	Pole Vault	University	Women	Final
12:00	#Javelin	University	Women	Final
	*Javelin	University	Men	Final
1:30pm	High Jump	High School	Girls	Final
	#Discus	High School	Girls	Final
	#Shot Put	High School	Boys	Final
	Long Jump	High School	Girls	Final
	*Long Jump	High School	Boys	Final
3:00pm	Pole Vault	University	Men	Final
4:00pm	#Discus	University	Women	Final
	#Shot Put	University	Men	Final
	High Jump	University	Women	Final

## Saturday, March 21, 2009

9:00am	Triple Jump	High School	Girls	Final
	*Triple Jump	High School	Boys	Final
11:00am	High Jump	High School	Boys	Final
	Pole Vault	High School	Girls	Final
	#Shot Put	High School	Girls	Final
	#Discus	High School	Boys	Final
1:00pm	Triple Jump	University	Women	Final
	*Triple Jump	University	Men	Final
	High Jump	University	Men	Final
3:00pm	#Shot Put	University	Women	Final
	#Discus	University	Men	Final
	Pole Vault	High School	Boys	Final

\*Immediately following Women / #All throwing events will be held at TBA

## Friday, March 20, 2009

### Running Events

9:30am	3000-Meter	University	Women (U/C/O)	Final
	3000-Meter	University	Men (U/C/O)	Final
10:10am	100-Meter Hurdles (16 Advance)	University	Women	Prelim
	110-Meter Hurdles (16 Advance)	University	Men	Prelim
10:40am	400-Meter	University	Women	Prelim
	400-Meter	University	Men	Prelim
11:10am	100-Meter (16 Advance)	University	Women	Prelim
	100-Meter (16 Advance)	University	Men	Prelim
11:40am	400-Meter Hurdles	University	Women	Final
	400-Meter Hurdles	University	Men	Final
12:00noon	4x800-Meter Relay	University	Women	Final
	4x800-Meter Relay	University	Men	Final
1:30pm	1600-Meter	High School	Girls	Prelim
	1600-Meter	High School	Boys	Prelim
2:30pm	400-Meter	High School	Girls	Prelim
	400-Meter	High School	Boys	Prelim
3:40pm	100-Meter (16 Advance)	High School	Girls	Prelim
	100-Meter (16 Advance)	High School	Boys	Prelim
4:40pm	300-Meter Hurdles	High School	Girls	Final
	300-Meter Hurdles	High School	Boys	Final
5:30pm	Distance Medley Relay	High School	Girls	Final
	Distance Medley Relay	High School	Boys	Final
6:05pm	4x200-Meter Relay (16 Advance)	High School	Girls	Prelim
	4x200-Meter Relay (16 Advance)	High School	Boys	Prelim
7:05pm	Sprint Medley Relay	University	Women	Final
	Sprint Medley Relay	University	Men	Final
	Sprint Medley Relay	High School	Girls	Final
	Sprint Medley Relay	High School	Boys	Final
8:00pm	Distance Medley Relay	University	Women	Final
	Distance Medley Relay	University	Men	Final
8:30pm	4x400-Meter Relay (16 Advance)	High School	Girls	Prelim
	4x400-Meter Relay (16 Advance)	High School	Boys	Prelim

# 58<sup>th</sup> Annual TSU Relays

Saturday, March 21, 2009

## Running Events

8:30am	Mile Race Walk	Coed	Final	
9:00am	3200M	High School	Girls	Final
	3200M	High School	Girls	Final
9:45am	100-Meter Hurdles (16 Advance)	High School	Girls	Prelim
	110-Meter Hurdles (16 Advance)	High School	Boys	Prelim
10:20am	200-Meter	High School	Girls	Final
	200-Meter	High School	Boys	Final
11:05am	4x100-Meter Relay (16 Advance)	High School	Girls	Prelim
	4x100-Meter Relay (16 Advance)	High School	Boys	Prelim
11:45am	4x800-Meter Relay	High School	Girls	Final
	4x800-Meter Relay	High School	Boys	Final
12:30pm	200-Meter (heats against time)	University	Women	Final
	200-Meter (heats against time)	University	Men	Final
1:20pm	800-Meter (heats against time)	High School	Girls	Final
	800-Meter (heats against time)	High School	Boys	Final
	800-Meter (heats against time)	University/Open	Women	Final
	800-Meter (heats against time)	University/Open	Men	Final
2:45pm	4x200-Meter Relay (Middle School)	High School	Girls	Final
	4x200-Meter Relay (Middle School)	High School	Boys	Final
2:40pm	4x200-Meter Relay (teams 9-16)	High School	Girls	Final
	4x200-Meter Relay (teams 1-8)	High School	Girls	Final
	4x200-Meter Relay	University	Women	Final
	4x200-Meter Relay (teams 9-16)	High School	Boys	Final
	4x200-Meter Relay (teams 1-8)	High School	Boys	Final
	4x200-Meter Relay	University	Men	Final
4:30pm	<b>Opening Ceremonies</b>			
5:00pm	4x100-Meter Relay (Middle School)	High School	Girls	Final
	4x100-Meter Relay (Middle School)	High School	Boys	Final
	4x100-Meter Relay Open (Univ.)	University	Women	Final
	4x100-Meter Relay Open (Univ.)	University	Men	Final
	4x100-Meter Relay (teams 9-16)	High School	Girls	Final
	4x100-Meter Relay (teams 1-8)	High School	Girls	Final
	4x100-Meter Relay	University	Women	Final
	4x100-Meter Relay (teams 9-16)	High School	Boys	Final
	4x100-Meter Relay (teams 1-8)	High School	Boys	Final
	4x100-Meter Relay	University	Men	Final
5:50pm	400-Meter	High School	Girls	Final
	400-Meter	University	Women	Final
	400-Meter	High School	Boys	Final
	400-Meter	University	Men	Final
6:10pm	100-Meter Hurdles (9-16)	High School	Girls	Final
	100-Meter Hurdles (1-8)	High School	Girls	Final
	100-Meter Hurdles (9-16)	University	Women	Final
	100-Meter Hurdles (1-8)	University	Women	Final
6:30pm	110-Meter Hurdles (9-16)	High School	Boys	Final
	110-Meter Hurdles (1-8)	High School	Boys	Final
	110-Meter Hurdles (9-16)	University	Men	Final
	110-Meter Hurdles (1-8)	University	Men	Final
6:50pm	100-Meter (9-16)	High School	Girls	Final
	100-Meter (1-8)	High School	Girls	Final
	100-Meter (Open)	University	Women	Final
	100-Meter (9-16)	University	Women	Final
	100-Meter (1-8)	University	Women	Final
	100-Meter (9-16)	High School	Boys	Final
	100-Meter (1-8)	High School	Boys	Final
	100-Meter (Open)	University	Men	Final
	100-Meter (9-16)	University	Men	Final
	100-Meter (1-8)	University	Men	Final
7:30pm	1600-Meter (heats against time)	High School	Girls	Final
	1600-Meter (heats against time)	High School	Boys	Final
7:50pm	1500-Meter (heats against time)	University/Open	Women	Final
	1500-Meter (heats against time)	University / Open	Men	Final
8:00pm	4x400-Meter Relay Open (Univ.)	University	Women	Final
	4x400-Meter Relay Open (Univ.)	University	Men	Final
	4x400-Meter Relay (teams 9-16)	High School	Girls	Final
	4x400-Meter Relay (teams 1-8)	High School	Girls	Final
	4x400-Meter Relay	University	Women	Final
	4x400-Meter Relay (teams 9-16)	High School	Boys	Final
	4x400-Meter Relay (teams 1-8)	High School	Boys	Final
	4x400-Meter Relay	University	Men	Final



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## **TSU Relays QUICK REMINDERS**

### **ELIGIBILITY:**

Federation rules will apply to all High School Division teams. NCAA rules will apply to Universities/College Athletes. All Athletes and teams must be in good standing with their state interscholastic association. Their school officials must enter all athletes representing their school in the TSU Relays. A qualifying time or mark is not required, but can help in determining lane assignments.

### **LIMIT OF ENTRIES:**

Two (2) athletes per team will be allowed to compete in individual events and only one (1) team entry per relay will be allowed. Universities/Colleges may enter up to five (5) athletes per individual events. There is no limit for the 800m and up. You may enter A, B and C relay teams on University/College levels only.

### **ENTRY FEES:**

There will be an entry fee of \$75.00 for each High School Team (Example: Boys \$75 & Girls \$75=\$150 for both) or \$15.00 per athlete, whichever is lower. This entry fee applies to all divisions. Open athletes fee is \$20.00 per athlete or \$100.00 per team. Universities/College entry fee is \$150.00 per team (\$150.00 Men, \$150.00 Women).

Middle School entry fee is \$20.00 for boys and \$20.00 for girls.

Entry fees are not transferable or refundable. All open participants must have current USATF Cards. Please mail entry fees before March 14, 2008.

### **NOTE: MAKE ALL CHECKS PAYABLE TO: TSU RELAYS ATHLETICS DEPARTMENT.**

#### ***MAIL ALL CHECKS TO:***

**TEXAS SOUTHERN UNIVERSITY  
ATHLETICS DEPARTMENT-TSU RELAYS  
3100 CLEBURNE ST.  
HOUSTON, TX 77004  
ATTN: RICK HOLDEN**

#### ***DROP OFF LOCATION:***

**H&PE ARENA (ENNIS @ WHEELER)  
Athletics Office Rm 111  
ATTN: RICK HOLDEN**

### **ENTRY DEADLINE:**

Deadline for entry to the TSU Relays will be Monday, March 16, 2008, 10:00pm. Entry will be accepted on-line only. All others will not be accepted. Direct Athletics will be handling all entries starting January 5<sup>th</sup> 2008.

Entry site address: [www.directathletics.com](http://www.directathletics.com).

If you have participated in a major meet within the past year, your user name and password with Direct Athletics will be the same. New users can establish a free account by simply using instructions given on Direct Athletic web site.

### **AWARDS:**

Awards will be presented to the top three finishers. Watches and T-shirts will be presented to university and college athletes, medals will be awarded to high school and middle school athletes. T-shirts will be awarded to open athletes.

### **ACCOMMODATIONS:**

Each team is responsible for its own meals and housing. This duty will not be handled through or by any members of the Relay Committee. Reservations should be made as soon as possible to avoid conflict with Conventions, etc. The host hotel for the TSU Relays is JW Marrott in the Galleria. **See enclosed brochure for hotel information.**

**PACKAGE PICK-UP:**

All changes should be made by internet before March 16, 2009. Drops can be made when you pick up your packages on Thursday March 22, 2009 from 1:00pm to 4:30pm in the TSU Health and Physical Education Building. Only drops, no adds, will be accepted.

Coaches are asked to turn in all field implements at the time of package pickup (hammers, discus, javelin and shot puts).

On Friday, packages may be picked up at the Track and Field Complex starting at 8:00am. Teams will be seeded. No drops will be accepted at this time.

**DROP / ADD PROCEDURE:**

No new athlete can be added to your list of athletes at the time of package pickup. Drop-Only process will be used.

Be sure to add all athletes at the time of on-line entry; you will have time to make changes if any, before the March 17<sup>th</sup> Deadline at 10:00pm. If Athlete is already in system you may change his or her event.

**STADIUM AND MEET RULES AND REGULATIONS**

1. No alcoholic beverages will be allowed in the stadium. Fruit, Juices, Gatorade, Energy Bars and bottle water will be accepted (two cooler per school). All others will be dumped at entry gate.
2. Your field equipment will be accepted for weight-in when you pick up your package on Thursday, March 20<sup>th</sup> from 1:00pm - 4:30 pm. (Discuss and Shot Put for all levels; Javelins and Hammers for College/University only).
3. Each head coach or their assistant may be asked to sign off their school name at the Hi-Tech table after he or she have picked up package and have checked it for errors.
4. Directathletics.com will handle all entries January 5 through March 16, 2009. You may update your roster and other information until March 16 at 10:00pm. NO ADDITIONS will be made at the scratch meet. You will only be allowed to DROP Athletes. If an Athlete is already on your roster you may change that Athlete event. www.directathletics.com will handle all entries.

**LOST OR MISPLACED INFORMATION:**

The INTERNATIONAL SPORTS CLUB web site will be open for your convenience in the event you misplace the contents of your package. Please record the web address and place it in a safe place: WWW.INTLSPRT.COM or WWW.TSUBALL.COM



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## **TSU RELAYS DIVISIONS FOR ATHLETES**

### **MIDDLE SCHOOL**

**BOYS & GIRLS**

### **HIGH SCHOOL**

**BOYS & GIRLS**

### **UNIVERSITY / COLLEGE**

**MEN & WOMEN**

### **INVITATIONAL**

**MEN & WOMEN**

### **UNATTACHED UNIVERSITY / COLLEGE**

**MEN & WOMEN**

### **OPEN MEN/WOMEN**

### **MASTERS**

**This meet is not an age group meet. Come one come all.  
100m and relay teams should apply only.**



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## 58<sup>th</sup> Annual TSU RELAYS

**MEET DATES:** MARCH 20<sup>th</sup> & 21<sup>st</sup>, 2009

**LOCATION:** TEXAS SOUTHERN UNIVERSITY  
Alexander Durley Sports Complex

**TICKETS:** PER SESSION PRICES– GENERAL ADMISSION  
\$10 Adults, \$5 Children, \$5 TSU Students with Valid TSU ID  
Texas Southern Athletic Department  
Ticket Hotline: 713-313-GAME (4263)

### M E E T S C H E D U L E

#### Field Events

##### College/University

Friday March 20 <sup>th</sup>	9:30 am	ALL EVENTS ARE FINAL
Saturday March 21 <sup>st</sup>	1:00 pm	ALL EVENTS ARE FINAL

##### High School

Friday March 20 <sup>th</sup>	1:30 pm	ALL EVENTS ARE FINAL
Saturday March 21 <sup>st</sup>	9:00 am	ALL EVENTS ARE FINAL

#### Running Events

##### College/University

Friday March 20 <sup>th</sup>	9:30 am	PRELIM & FINALS
Saturday March 21 <sup>st</sup>	12:45 pm	FINALS
*Opening Ceremonies	4:30 pm	
Running Events Resume	5:00 pm	ALL RACES ARE FINALS

##### High School

Friday March 20 <sup>th</sup>	1:30 pm	PRELIM & FINALS
Saturday March 21 <sup>st</sup>	8:30 am	PRELIM & FINAL
*Opening Ceremonies	4:30 pm	
Running Events Resume	5:00 pm	ALL EVENTS ARE FINAL

**NO ALCOHOLIC BEVERAGES, LARGE BAGS, COOLERS OR WEAPONS WILL BE ALLOWED IN THE STADIUM**

**\*\*BE PREPARED FOR SECURITY CHECK AT ENTRY GATES\*\***

**Host Hotel:** JW Marriott  
5150 Westheimer  
Houston, Texas 77056  
Contact: Alisha Silver 713-599-2250  
Team rates start at \$ 79.00 /night \* Individuals 800-228-9290 ask for TSU Rate \$99.00/night

# JW MARRIOTT HOTEL HOUSTON



JW MARRIOTT.  
HOUSTON

## JW Marriott Hotel – Houston

**Address:** 5150 Westheimer, Houston TX 77056

**Contact:** Alisha Silver – 713-599-2250

**Sales Fax Number:** 713-599-2102

**Email:** [alisha.silver@marriott.com](mailto:alisha.silver@marriott.com)

**Hotel Description:** The JW Marriott Houston Hotel has the most desirable uptown surroundings because we are located just a few steps away from the prestigious **Galleria Shopping Mall**. The Galleria offers over 300 retail shops and a variety of restaurants and lounges. The Galleria is in Uptown Houston and is synonymous with the city's best dining, upscale shopping and finest nightlife.

[www.jwmarriott-houston.com](http://www.jwmarriott-houston.com)

### RECREATIONAL FACILITIES

For guests who wish to unwind or get in a vigorous workout, our recently **renovated complimentary** one-of-a-kind health club is the place to be.

This very spacious area includes an indoor/outdoor swimming pool with sundeck, whirlpool, steam room, dry sauna, massage treatment room, 15 cardio machines featuring individual flat screen televisions and headsets, weight room with Life Fitness machines and free weights, yoga/Pilates room, full locker rooms and even racquetball and basketball courts.

### Special Room Rate for TSU Relays

**\$79.00**

**Team Block**

**To Receive the team rate  
please fax the attach form to**

**Attention:**

**Alisha Silver**

**713-599-2102 (Fax Line)**

**Questions please call  
713-599-2250**

**\$99.00**

**(Individual Fan Rate)**

**To book individual rooms**

**Call 1-800-228-9290**

**And request the**

**Texas Southern Rate**

**(rates are based upon  
availability)**

### ROOM ACCOMMODATIONS

**Freshly-appointed guest room and corridors!!!** With 515 posh oversized guestrooms, including 3 Presidential, 3 Hospitality, 2 Parlor and 20 Executive suites, guests will recognize value along with the added amenities of three telephones including one cordless, modem/fax lines, high speed internet access, **32" LCD/HDTV flat panel television**, bathrobes, curved shower rod and rain showerhead, iron and ironing board, hair dryer, and coffeemakers in each room.



TSU Relays  
March 20-22, 2009

University	
Contact	
E-Mail Address	
Address	
Telephone	
Method of Payment	Credit Card or School Check
	If paying with credit card we will contact you by telephone for credit card number.

Room Reservation			
Arrival Date		Departure Date	
Name of Guest			
Name of Guest			
Name of Guest			
Name of Guest			

Room Reservation			
Arrival Date		Departure Date	
Name of Guest			
Name of Guest			
Name of Guest			
Name of Guest			

Room Reservation			
Arrival Date		Departure Date	
Name of Guest			
Name of Guest			
Name of Guest			
Name of Guest			

Room Reservation			
Arrival Date		Departure Date	
Name of Guest			
Name of Guest			
Name of Guest			
Name of Guest			

**RESERVATION MUST BE RECEIVED BY MARCH 4, 2009**



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## **TSU RELAYS AWARD POLICY**

### **Middle School**

4x100 AND 4x400 Relays will receive individual medals for first, second and third place. No team trophy will be awarded.

**NOTE:** T-shirts will NOT be given to middle schools.

### **High School**

#### Individual Events

First, second and third place will receive individual medals.

#### Relays

First, second and third place teams will receive individual medals (each student-athlete). Team trophies will be awarded to first, second, and third place relay teams.

### **Collegiate**

#### Individual Events

First place winners will receive a watch.

Second and third place winners will receive T-shirts only.

#### Relays

First place relay teams will receive individual watches (each student-athlete). A team trophy will also be awarded.

Second and third place teams will receive T-shirts only.

### **Open**

#### Individual Events

First place winner will receive a T-shirt.

Second and third place winners will receive T-shirts.

#### Relays

First place relay teams will receive a T-shirt (each student-athlete).

Second and third place winners will receive T-shirts (each student-athlete).