



WOLF PACK RELAYS

March 8th, 2025

Merrill West High School
Tracy, CA

GENERAL INFORMATION:

TIME: Meet begins at 9:00am

ENTRIES: Each school is limited to three (3) entries per event per division, and one relay per division. Additional entries will be automatically disqualified by the meet director. Go to ca.milesplit.com to register for the Wolf Pack Relays. Entries are due by March 4, 2025 at 11:59pm.

ENTRY FEES: \$25.00 per relay / \$10 per individual event / \$350 max per school. Entry fees should be received by March 8th to compete. Make checks payable to Merrill West HS Track & Field.

SEND CHECKS TO:

Merrill West High School
1775 W. Lowell Ave.
Tracy, CA 95376
Attn: Coach TJ Williams

Admission fee for all spectators is \$10.00

AWARDS: Top 3 in each event in each division will receive medals. Team champion trophy given to each division.

CONTACT: TJ Williams at sum92@hotmail.com

RESULTS: Results will be posted on site and online at diablotiming.com promptly after each event, as well as on prepcaltrack.com, milesplit.com, and athletic.net

TIME SCHEDULE:

FIELD EVENTS:

9:00

Shot put JVB, VB
Discus JVG, VG
Pole Vault – Progressive starting at 5'
High Jump JVG, VG

1:00

Shot Put JVG, VG
Discus JVB, VB
High Jump JVB, VB

Updated 3/7/25

Long Jump/Triple Jump (1 Pit)

JV/Var Girls Long Jump 9:00 - 10:30

JV/Var Boys Long Jump 10:30 - 12:00

JV/Var Girls Triple Jump 12:00 - 1:30

JV/Var Boys Triple Jump 1:30 - 3:00

RUNNING EVENTS: (Approximate starting times)

TIME	EVENT	ORDER:
9:00	DMR (1200/400/800/1600)	JVG, JVB, VG, VB
10:20	4X100	JVG, JVB, VG, VB
11:05	100H/110H	JVG, VG, JVB, VB
11:35	400	JVG, JVB, VG, VB
12:25	100	JVG, JVB, VG, VB
1:15	4X800	VG, VB (Varsity Only)
1:45	300h	JVG, JVB, VG, VB
2:25	SMR (100/100/200/400)	JVG, JVB, VG, VB
3:05	1600	JVG, JVB, VG, VB
4:00	4X400	JVG, JVB, VG, VB

TIMING: FinishLynx by Shannon Sos of Diablo Timing

CONCESSIONS: Snack shack will be open with a variety of food.

SOUVENIRS: T-shirts and apparel will be on sale from Darby Productions