



- What:** West Los Angeles College Parlauf Relays @ *West Los Angeles College*
- Date:** Saturday, February 4, 2023
- Time:**
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| Stadium Open | 7:30 am |
| H.S. Girls "A" Race | 9:00 am |
| H.S. Boys "A" Race | 9:35 am |
| H.S. Girls "B" Race | 10:05 am |
| H.S. Boys "B" Race | 10:40 am |
| Award Ceremony | 11:20 am |
- Location:** West Los Angeles College, 9000 Overland Ave. Culver City, CA 90230
- Directions:** West Los Angeles College is located just off Overland Blvd, two blocks south of Jefferson Blvd., in Culver City. West LA College is accessible from the 405 and 10 Freeways. Limited parking next to track, you are suggested to park in Lot 5. Parking permits can be obtained at the pay station in Lot 5 for \$2.00
- Facility:** 9 lane, Mondo surface (exact same surface at 2016 Rio Olympics). Only 3/16 inch or less pyramid spikes will be allowed.
- Purpose:** The relays purpose is to provide you an opportunity to build interest in your program by giving your athletes an early chance to compete against some of the finest athletes California has to offer.
- Instructions:** The competition will consist of one relay (5 x 200m x 8). Each team will consist of 5 athletes, and each of the 5 athletes will run 200 meters 8 times. Therefore, the total distance covered (20 laps) will be 8000 meters (1600 meters per athlete; in 200-meter increments).
- Uniforms:** Please remember this relay event is an **unattached activity** for high school students, who are members of your team. Since all athletes will be competing unattached there can be no school uniforms, so as not to violate high school governing body regulations. We are asking that the teams wear matching t-shirts and/or shorts, or similar outfits, if possible, as to eliminate confusion with so many handoffs.
- Team Packets:** Packets can be picked up Saturday morning, and will include lane assignments and race numbers. Heats will be seeded by the previous season's CIF/City finish, coaches' recommendations and by a first come first serve basis.
- Equipment:** Teams should furnish their own batons.
- Rain or Shine:** Meet will be held rain or shine.
- Records:** Boys 18:05.9 (Wilson, Crook, Mitchell, Wiemer, Jefferson) – *unattached* LB Wilson, '20)
Girls 20:59.8 (Hood, Williams, Young, Daily, Collins – *unattached* LB Wilson, '05)
- Awards:** 1st, 2nd, and 3rd place overall relay teams will receive *Parlauf Relays Champion* sweatshirts.
- Entry Forms:** Available at <http://www.prepaltrack.com/> Call or email to reserve your spot.
- Admission:** Spectator admission for the Parlauf Relays is \$6.00 and gates open at 7:30 a.m.
- Entry:** Email to danfitzlb@hotmail.com by 2/02/2023 for pre-entry or enter day of the race 2/04/2023. Please bring your entry fee (\$30.00 per relay team) to the meet on Saturday.
- Questions:** Call Coach Fitzpatrick at West LA College (310) 287-4587 or email danfitzlb@hotmail.com