

4A/5A Region 1 Track & Field Relay Declaration

School:	District #:
Head Coach:	Cell #:

Check One:

4A Girls		<ul style="list-style-type: none"> Coaches should designate eight athletes for each relay. A relay card should be filled out and submitted to the Regional Meet Director, Mike Meeks by Monday, April 14, 2025 at 5:00 pm.
4A Boys		
5A Girls	<ul style="list-style-type: none"> Relay cards may be changed at any time prior to the race as long as the athlete is on your roster. 	
5A Boys		

400 Meter Relay

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

800 Meter Relay

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

1600 Meter Relay

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

5-10 ART. 2 ... In relay events, no more than eight individuals may be listed on the relay entry, but only those who actually run will be considered official participants. Any substitutions must come from those names on the relay entry.

NOTE: It is not necessary to use the same four competitors in the finals who competed in the preliminary rounds of trials.

Submit Relay form by 5:00 PM, Monday, April 14, 2025

FAX: 806-766-2202

email: mike.meeks@lubbockisd.org