

## Max Goldsmith Relays



**Lewisville High School**  
**March 23<sup>rd</sup>, 2023**

Dear Coach,

This is to confirm your entry in the Max Goldsmith Relays held at Lewisville High School. Event schedule and general meet information are a part of this email. The following teams will be competing in this year's meet:

Lewisville	Arlington	Crowley	Flower Mound
Burleson Centennial (girls)	Dallas Jefferson	Dallas Samuel	Plano
Dallas Wilson	Frisco Lebanon Trail	Midland (girls)	Oakridge
Frisco Memorial	Garland Rowlett	Irving MacArthur	The Colony
Northwest Eaton			




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## ***Max Goldsmith Relays General Information***

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Thursday, March 23<sup>rd</sup>  
 Max Goldsmith Stadium, Lewisville High School  
 1098 W Main St.  
 Lewisville, Texas 75067

Schedule of Events – Please review carefully!

<b>Thursday, March 23rd (Field Events 9:00) Rolling Events to Follow – Times are Estimates</b>
<b>Scratch Meeting – 8:30 AM</b>
9:00 Shot Put (VG/JVG/VB/JVB/Wheelchair)
9:00 Discus (VB/JVB/VG/JVG)
9:00 Pole Vault (JVG/JVB/VG/VB)
9:00 Long Jump (VB, JVB, VG, JVG)---- East Runway
9:00 High Jump (JVB/VB/JVG/VG)
9:00 Triple Jump (VG/JVG/VB/JVB----West Runway)
9:30 3200 (JVG/VG/JVB/VB)
11:00 SMR (JVG/VG/JVB/VB) ****SMR (200-200-400-800) will be canceled if weather delays****
<b>Open 800 (time your own athletes)</b>
<b>100/110 Hurdles</b>
<b>12:30 – 2:30 Lunch and Track Open for Warm Ups and Hand Offs</b>
3:00 400m Relay
800m
100m Dash
800m Relay
400m Dash
300m Hurdles
200m Dash
1600
1600m Relay

1. Live Meet Results at [www.ntxtiming.com](http://www.ntxtiming.com)

2. Field Events will begin at 9:00 AM. All athletes will get 3 attempts due to number of entries.
3. The 3200m (JVG, JVB, VG, VB) will begin at 9:30am.
4. Open 800m will begin after the SMR. You will time your own runners for the Open 800 and it will be 1 girls race and 1 boys race.
5. The SMR will start at 11:00. The hurdles will immediately follow.
6. The track will be open for relay handoffs between 12:30 – 2:30.
7. Each school will be allowed 3 Varsity entries per individual event and 3 JV entries per individual events. We are using Athletic.Net for entries....Please go to that site to accept and enter the meet. Entries will be due by 10pm Tuesday, March 21<sup>st</sup>. Our timer needs the entries to pull heat sheets. Only scratches on the day of the meet.
8. No radios/blue tooth speakers will be allowed. No sunflower seeds on the field.
9. Use only 1/4 inch or shorter spikes. Ask athletes not to wear spikes in bleachers.
10. **Please no camps on the infield.** This will delay the meet and with so many teams competing we need to make sure this area is for athletes warming up and our staging area only.
11. Campsites may be in the bleacher area or under the stadium bleachers. We will give your team a trash bag. Please clean up your camp area. If the stands/infield become too trashy, we will stop the meet.
12. Concession stands will be available along with t-shirts for sale and there will be a coaches' hospitality room. Breakfast. Lunch and Dinner in hospitality room.
13. There is a gate fee for spectators: Adults \$5 and Students \$3.



**Max Goldsmith Relays @  
Lewisville High School  
Schedule of Events**

**Max Goldsmith Stadium**

**March 23<sup>rd</sup>, 2023**

**8:30** Scratch Meeting: Team Room-Field House-South End

**9:00** **Field Events**  
Shot Put VG, JVG, VB, JVB (Grass Field)  
Discus VB, JVB, VG, JVG (Grass Field)  
Pole Vault JVG, JVB, VG, VB (Grass Field)  
High Jump JVB, VB, JVG, VG (North End)  
Long Jump VB, JVB, VG, JVG (Grass Field – East - Baseball)  
Triple Jump VG, JVG, VB, JVB (Grass Field – West - Barn)

**9:30** **3200m Final** - (JVG/VG/JVB/VB)

**11:00** **SMR** - (JVG/VG/JVB/VB)  
**Open 800** (time your own runners)  
**100/110 Hurdles** – (JVG/VG/JVB/VB)

**12:30 – 2:30** **Lunch and Track is Open**

**\*\* RUNNING FINALS - All races JVG, VG, JVB, VB – Heats against time**

**3:00** 400m Relay  
800m  
100m  
800m Relay  
400m  
300m Hurdles  
200m  
1600m  
1600m Relay

**Double Waterfall Start for 1600 and 3200. Fast heat for the 800 and additional heats are waterfalled.**

**Opening Heights**

**Girls Varsity Pole Vault 7'0" JV Pole Vault 6'0"**

**Girls Varsity High Jump 4'6" JV High Jump 4'2"**

**Boys Varsity Pole Vault 9'0" JV Pole Vault 8'0"**

**Boys Varsity High Jump 5'6" JV High Jump 5'2"**

### **Minimum Measurements**

#### **Long Jump**

**VG – 15'**

**JVG – 12'**

**VB – 18'**

**JVB – 17'**

#### **Triple Jump**

**VG – 30'**

**JVG – 28'**

**VB – 38'**

**JVB – 35'**

#### **Discus**

**VG – 75'**

**JVG – 60'**

**VB – 95'**

**JVB – 75'**

#### **Shot**

**VG – 30'**

**JVG – 25'**

**VB – 40'**

**JVB – 38'**