

COACH MAC AND BROWN SAINTS OPEN
SANDALWOOD HIGH SCHOOL
SATURDAY, March 11th, 2023

This year is the 51st anniversary of the Saints Open. The meet is named after Coach Chuck McPhilomy and Coach Charlie Brown, long time Sandalwood Track coaches. Please enter athletes online. Scratches can be made at the coaches meeting. Entry fee: \$50 per male and female team, \$5 for individuals, due upon arrival.

Awards: Champion and runner-up trophies, medals for 1st place.

Schedule of events:

9:00AM: Coaches meeting, base of press box, breakfast provided

9:30AM: 4 X 800M Relay

10:00AM: Javelin

10:30AM: Field events

Measurable marks: girls shot 7.5m, boys 10.5m, girls discus 18m, boys 24m

These are also the qualifying distances for the Throwers relay.

HJ girls 1.2m, boys 1.5m PV girls 1.5m, boys 2.4m

12:00PM: running events

100/110 Hurdles

100M

1600M

4x100M Thrower's Relay

4x100M

400M

400MHurdles

800M

200M

3200M

4x400M

Concessions will be open, coaches will be provided 2 lunches per team. Please e-mail Coach McCray if you have any questions at omegamasonrm097@gmail.com