

Relay Coaches:

Here is your last sheet for the relays. It contains a challenge and other info you will need when you get to the meet.

This e-mail also contains the MSTCA "Top 25" list that I have compiled for this season. If you have an athlete who should be on the list his/her name, send the performance and the date of the performance to me. Do not send this weekends relay performances since I will have those results in my kitchen.

D-II teams NOTE: Walpole is 6 lane oval, and 4x200 will be a 2 turn stagger.

Have a good weekend.

jjc