



Cypress Ridge Athletic Department

7900 N. Eldridge Parkway

Houston, Texas 77041

(281) 807-8013

October 18, 2011

To: Head Track and Field Coaches

From: Michael Long, Head Boys Track & Field Coach
Timothy McGuire, Head Girls Track & Field Coach

Subject: **2012 RAM TOUGH INVITATIONAL RELAYS FOR COLLEGE AND HIGH SCHOOL ATHLETES**

The Cypress Ridge High School Track and Field program is soliciting your participation in the 1st Annual Ram Tough Invitational Relays for college/university and high school athletes. The meet is scheduled to take place Saturday, February 18, 2012. We feel that providing more opportunities for high school track and field athletes to observe competition at the next level will motivate them to work harder to develop their talents in the sport. We are looking for 4-8 college/universities, and approx. 20 High Schools to participate.

We realize that during this time, many of your athletes are working to qualify for Indoor Nationals therefore athletes who will not qualify or who want to run unattached are welcome to participate in our meet. The Schedule will be as follows:

Running events will follow UIL order of events.

- 9:00 am Boys Pole Vault, Boys Discus, Boys Triple Jump, Girls Long Jump, Girls' Shot, Girl's High Jump (**High Schools only**)
- 10:00 am Girls Pole Vault (or at the conclusion of the boys), Girls Discus, Girls Triple Jump, Boys Long Jump, Boys High jump, Boy's Shot. (**High Schools only**)
- 9:00 am 3200 M Run (**High School only**)
- 10:00 am Distance Medley Relay (1200-400-800-1600) High Schools and **Colleges/Universities**
- 11:30 am Lunch Break
- 12:00 Noon Sprint Medley Relay **for Colleges/Universities only** (200, 200, 400, 800)
4x400 Relay for High Schools and **Colleges/Universities**

Please Mail, Fax or email Response Form to: Coach Mike Long or Coach Tim McGuire

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2012 Ram Tough Invitational Relays

RESPONSE FORM

Entry Fee waived this year.

___ **Yes**, we will participate in the Ram Tough Invitational Relays on February 18, 2012.

___ **No**, we will not participate in the Ram Tough Invitational Relays on February 18, 2010.

School Name: _____

Coach's Name: _____

Telephone: (___) _____ - _____

E-mail: _____

Circle the divisions your team will compete in:

University/College Women

University/College Men

