

2025 Mabank JH Relays

THURSDAY, March 3rd, 2025 PANTHER STADIUM

Coaches,

We would like to invite you to the 2025 CEDAR CREEK RELAYS on Monday, March 3rd at Panther Stadium.

Entry fees per division entered are:

_____ 8 th BOYS DIVISION - \$150	_____ 7 th BOYS DIVISION - \$150
_____ 8 th GIRLS DIVISION - \$150	_____ 7 th GIRLS DIVISION - \$150

_____ # of MEAL PLANS NEEDED

Meet Director: Sean Copeland

18786 US 175 (903) 880-1625 Mabank Athletic Dept. Mabank, TX 75147.

Email: raslade@mabankisd.net or jthoward@mabankisd.net

- All running events will be **FINALS ONLY** ~ heats will be randomly seeded.
- Field events will get 3 attempts - **NO FINALS**.
- Medals will be awarded to places 1-3.
- Plaques will be awarded to the winning team in each division.
- Mabank Booster Club will have a meal plan set up at the Concessions, it will be \$8 per meal. If you need meal plans, please send me an email with the number of meals and I will get that information out to you.

Make all checks payable to:

Mabank Athletics

Mabank JH Relays

Monday, March 3rd, 2025

Entries: Entries will be completed on TrackMate

Site: Mabank Panther Stadium

Spectators: Spectators should remain in the stadium bleachers during all events.

Camps: No camps allowed on the football field

Please clean your camp area when the track meet is finished.

Warm-up: The football field will be used as the warm-up area only.

No “hanging out” or “camps” will be allowed on the field.

Plaques: Top scoring team

Medals: Top 3 in each event / all divisions

SCHEDULE OF EVENTS:

2:30 Scratch Meeting/Coaches Meeting JH Weight Room

3:30 All Field Events

Shot Put (Pit 1) - (7B/8B/7G/8G)

Discus (Pit 1) - (8G/7G/8B/7B)

Jumping Pit 1 Long and Triple - 7th Boys & Girls (7G TJ/7B TJ/7G LJ/7B LJ)

Jumping Pit 2 Triple - 8th Boys (LJ/TJ)

Jumping Pit 3 Long - 8th Girls (LJ/TJ)

High Jump - (8G/7G/8B/7B)

Pole Vault (7G/8G/7B/8B) – Could Combine Depending on Numbers

Running Events

4:15 2400 Meter Run (7G/8G/7B/8B)

5:15 4x100m Relay (7G/8G/7B/8B)

800m (7G/8G/7B/8B)

100/110 hurdles (7G/8G) (7B/8B)

100m (7G/8G/7B/8B)

4x200m Relay (7G/8G/7B/8B)

400m (7G/8G/7B/8B)

300m Hurdles (7G/8G/7B/8B)

200m (7G/8G/7B/8B)

1600m (7G/8G/7B/8B)

4x400m Relay (7G/8G/7B/8B)

STARTING HEIGHTS WILL BE DISCUSSED AT THE SCRATCH MEETING

MABANK INDEPENDENT SCHOOL DISTRICT

PANTHER STADIUM

822 W. Mason St. Mabank, Texas 75147 (903) 880-1625



Visitor Information Packet
MABANK INDEPENDENT SCHOOL DISTRICT



Panther Stadium

On behalf of the Mabank Independent School District, it is our pleasure to host your team at Panther Stadium. We hope you have a pleasant experience during your stay. Included in this information packet is contact information, directions, facility and parking maps.

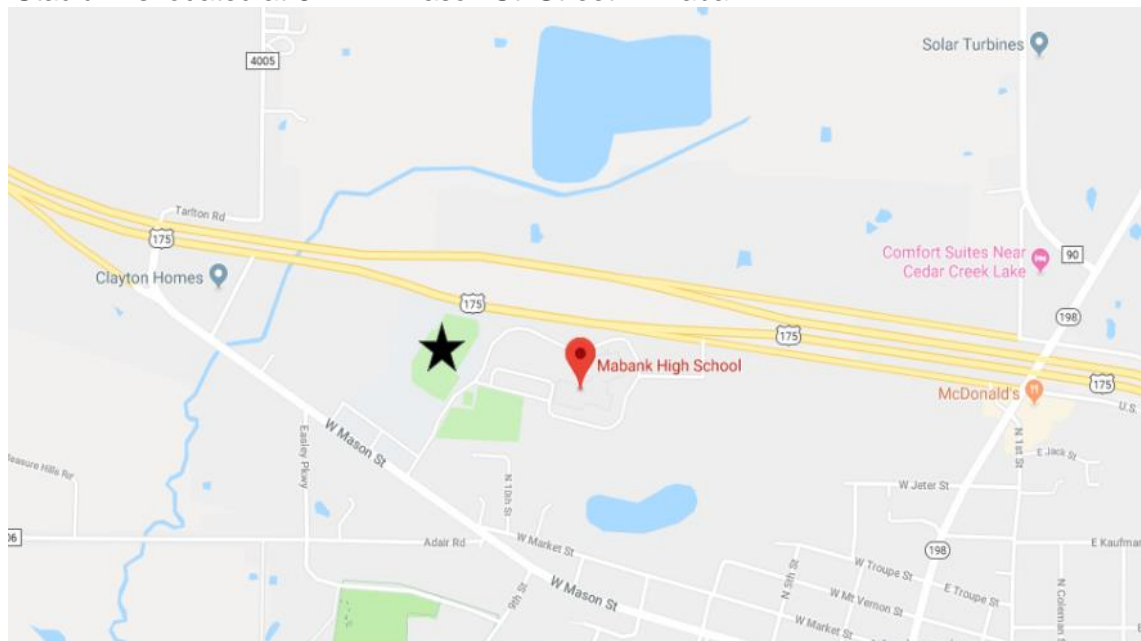
CONTACT INFORMATION

Head Boys Track Coach – Rick Slade (469) 358-8121
Head Girls Track Coach – Tyler Howard (903) 449-9677
Athletic Secretary - Christina Wagner-Ashley (903) 880-1625

raslade@mabankisd.net
ithoward@mabankisd.net
ckwagner@mabankisd.net

LOCATION

Panther Stadium is located at 822 W. Mason St. Street in Mabank.



*Panther Stadium (indicated by the black star) is adjacent to Mabank High School

MABANK INDEPENDENT SCHOOL DISTRICT

PARKING & IMPORTANT LOCATIONS

- Team buses will park in the north east corner of the home parking lot (indicated by the yellow square.) The best entrance is off of 175 service road, which is on the north side of the stadium (indicated with yellow arrows on diagram.)
- The entrance gate for spectators is located on the south west side of the stadium (as indicated by the orange star.)

- The scratch meeting and hospitality room are located at the south west of the stadium (as indicated by the labeled green building.)
- The concession stand is located at the south end of the stadium (as indicated by the purple building)
- Discus rings are located west of the stadium (as indicated by the red dots)
- Shot put rings are north east of the stadium (as indicated by the blue dot)
- The camp area will be east of the stadium (as indicated by the labeled white square)



IMPORTANT LOCATIONS CONT.

- The high jump area is located at the north end of the field (indicated with the purple circle on the diagram.) JV will be on the opposite end or near 100m start line. **TBA**
- The pole vault area is at the south east side of the stadium (indicated with the green circle.)
- The long jump and triple jump pits are east of the field (as indicated by the arrows.)
 - Red arrow - Pit One

- Blue arrow - Pit Two
- Orange arrow- Pit Three
- Pink X - Pit is inoperable
- The camp area is east of the stadium (as indicated by the labeled white box.)



MABANK PANTHER STADIUM

TRACK MARKINGS

START LINES:

3200M -- Waterfall

4x100m Relay	--	Solid Gold Line
800m Run	--	Solid White to (Cut In) Dotted White Line
100m Hurdles	--	White (100 in White) to Common finish
110 m Hurdles	--	White (110 in White) to Common finish
100m Dash	--	White Line
4x200m Relay	--	Green Line
400m Dash	--	Solid Gold Line
300m Hurdles	--	Solid White Line
200m Dash	--	Solid White Line
1600m Run	--	Waterfall
4x400m Relay	--	Blue Line

EXCHANGE ZONES:

4x100m Relay	--	Gold to Gold (All)
4x200m Relay	--	1st and 2nd - Green to Green 3rd Gold to Gold
4x400m Relay	--	1st Exchange – Blue to Blue 2nd and 3rd Exchange – Blue dashes to Blue

HURDLE MARKS:

100m LH	--	Yellow Triangle
110m HH	--	Blue Triangle
300 Hurdles	--	White Dash