



**SAINT FRANCIS HIGH SCHOOL
27TH ANNUAL
TRACK AND FIELD CARNIVAL
SATURDAY MARCH 20, 2010**



PLEASE NOTE THE DATE AND TIME CHANGES

Enclosed you will find meet entry information for the 26th Annual St. Francis High School Track and Field Invitational. This year's meet will be held on **Saturday, March 20, 2010** at St. Francis High School in Mountain View, California.

To avoid any confusion, please read all of the information before filling out and sending in your entries

Meet Entry Information:

1. **Schedule:** Please review the time schedule. We will try and keep the meet moving and on time. If there are a lot of scratches, then we will move forward onto the next race. In the past we have actually moved ahead of schedule during the meet, so please have your athletes pay attention to the meet announcer.
2. **Marks:** When entering, make sure to list the athlete's seasonal best mark for this year only. It is difficult to place any athlete in his/her proper heat/flight without this mark. **Athletes without a mark may not be included in the meet. Regardless of ability. Please do not make up marks** – this will place athletes in incorrect heats and possibly deny athletes with valid and/or better marks the opportunity to compete.
3. **Entries:** Once again we will be utilizing **DirectAthletics.com** for meet entries. All entries must be entered into DirectAthletics by **Saturday, March 13 at 11:30pm**. The entry system will be shutdown at 11:30pm. Coaches that provided email addresses will receive confirmation of their entries Wednesday morning.
4. **Updates:** This year there will be no updates of marks following the closure of entries.
5. **Two entries per school per individual event.** A third entry will be allowed if the athlete has a mark that falls within the top 1/3 of entered marks.
6. In the field events, (TJ, LJ, SP and Discus), each athlete will receive 4 attempts. **No Finals!** The field for the Shot Put and Discus will be limited to no more than 60 contestants (6 flights of 10 each). In the Long and Triple Jumps the field will be limited to 45 athletes (3 flights of 15 each).
7. Measuring the Field Events. Every athlete's first valid attempt will be measured. After that, only those marks that exceed the minimum marks posted in the schedule will be measured.

8. Please make sure to provide both home and school phone numbers, and a valid EMail address, with your entries. You will be notified during the week of the meet regarding the status of your entries. If you do not receive an Email by 9:00am on **Monday, March 15** confirming your entries, please contact Steve Fuller at (831) 566-6489 or via Email at trackcoach@sfhs.com immediately. It means we either did not receive your entries, or your Email address was incorrect. Entries will also be posted on the meet website (www.SFHSSInvitational.com) by Monday morning.
9. **Fees.** Entry fees are \$5.00 per athlete per individual event and \$15.00 per relay team. For those schools with large numbers of entries, meet management has instituted a maximum entry fee of \$400.00. Please make checks **payable to: St. Francis High School Track and Field.**
10. **Refunds:** Will only be given to those athletes/relay teams that are not included due to limitations. Request for refunds must be written on school letterhead with a clear explanation of the athletes/relay team that were affected. Please send these requests to **Steve Fuller** at St. Francis High School.
11. **Awards:** Individuals awards will be given to the top 3 athletes/relay teams in each event.
12. **Late Entry Policy:** No late entries will be accepted.
13. **Seeding Meeting:** Will take place on Sunday, March 14. At this time, heats/flights will be determined.
14. **Alternates.** In the past we have been able to accommodate a large number of the alternates in each event. We add alternates at the Clerk of the Course immediately following check-in. So please make sure your alternates go to the Clerk when called. Only athletes already assigned as alternates in the event may be added. No new athletes will be added to the meet the day of the event.

The St. Francis High School Track and Field Program looks forward to having your team attend our meet. We are now preparing to put on another successful event.

Thank you for your interest in our meet.

Meet Directors:

Mike Saso, Head Boy's Coach

Steve Fuller, Head Girl's Coach



2010 SAINT FRANCIS HIGH SCHOOL TRACK AND FIELD INVITATIONAL SCHEDULE



RUNNING EVENTS

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>SECTION</u>
1	8:00	3000M	WOMEN	HEAT #1-2
21	8:30	3000M	MEN	HEAT #1-2
2	9:00	100 M HURDLES	WOMEN	HEAT #1-4
42	9:12	100 M HURDLES	F/S GIRLS	HEAT #1-3
22	9:25	110 M HI. HURDLES	MEN	HEAT #1-3
62	9:35	70 YD HI. HURDLES	F/S BOYS	HEAT #1-3
3	9:50	400 METER RELAY	WOMEN	HEAT #1-3
43	10:05	400 METER RELAY	F/S GIRLS	HEAT #1-3
63	10:10	400 METER RELAY	F/S BOYS	HEAT #1-3
23	10:25	400 METER RELAY	MEN	HEAT #1-3
4	10:40	1 MILE	WOMEN	HEAT #1-2
44	10:55	1 MILE	F/S GIRLS	HEAT #1-2
64	11:10	1 MILE	F/S BOYS	HEAT #1-3
24	11:25	1 MILE	MEN	HEAT #1-3
5	11:40	400 METERS	WOMEN	HEAT #1-3
45	11:50	400 METERS	F/S GIRLS	HEAT #1-3
65	12:00	400 METERS	F/S BOYS	HEAT #1-4
25	12:20	400 METERS	MEN	HEAT #1-5

LUNCH BREAK

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>SECTION</u>
6	12:50	100 METERS	WOMEN	HEAT #1-4
46	1:05	100 METERS	F/S GIRLS	HEAT #1-4
66	1:20	100 METERS	F/S BOYS	HEAT #1-5
26	1:40	100 METERS	MEN	HEAT #1-5
7	2:00	DIS. MED. (1200,400,800,1600)	WOMEN	HEAT #1
47	2:15	DIS. MED. (1200,400,800,1600)	F/S GIRLS	HEAT #1
67	2:30	DIS. MED. (1200,400,800,1600)	F/S BOYS	HEAT #1
27	2:45	DIS. MED. (1200,400,800,1600)	MEN	HEAT #1
8	3:00	800 INVITATIONAL	WOMEN	HEAT #1
48	3:05	800 INVITATIONAL	F/S GIRLS	HEAT #1
68	3:10	800 INVITATIONAL	F/S BOYS	HEAT #1
28	3:15	800 INVITATIONAL	MEN	HEAT #1
9	3:20	800 MED (100,100,200,400)	WOMEN	HEAT #1-2
49	3:30	800 MED (100,100,200,400)	F/S GIRLS	HEAT #1-2
69	3:40	800 MED (100,100,200,400)	F/S BOYS	HEAT #1-2
29	3:50	800 MED (100,100,200,400)	MEN	HEAT #1-3
10	4:00	300 M HURDLES	WOMEN	HEAT #1-4
50	4:10	300 M HURDLES	F/S GIRLS	HEAT #1-3
70	4:20	300 M HURDLES	F/S BOYS	HEAT #1-3
30	4:30	300 M HURDLES	MEN	HEAT #1-4
11	4:40	1600 METER RELAY	WOMEN	HEAT #1-2
51	4:50	1600 METER RELAY	F/S GIRLS	HEAT #1
71	5:00	1600 METER RELAY	F/S BOYS	HEAT #1-2
31	5:10	1600 METER RELAY	MEN	HEAT #1-3



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FIELD EVENTS

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>NOTES</u>
14	9:00 am	LONG JUMP	WOMEN	15' 0 MINIMUM
35	9:00 am	TRIPLE JUMP	MEN	36' 0 MINIMUM
57	9:00 am	POLE VAULT	F/S GIRLS	START 6' 0
76	9:00 am	HIGH JUMP	F/S BOYS	START 5' 4
13	10:00 am	SHOT PUT	WOMEN	30' 0 MINIMUM
52	10:00 am	DISCUS	F/S GIRLS	60' 0 MINIMUM
77	10:30 am	POLE VAULT	F/S BOYS	START 9' 0
72	11:00 am	DISCUS	F/S BOYS	90' 0 MINIMUM
33	11:30 am	SHOT PUT	MEN	40' 0 MINIMUM
34	11:30 am	LONG JUMP	MEN	18' 0 MINIMUM
56	11:30 am	HIGH JUMP	F/S GIRLS	START 4' 0
75	11:30 am	TRIPLE JUMP	F/S BOYS	32' 0 MINIMUM
12	12:00 pm	DISCUS	WOMEN	85' 0 MINIMUM
15	1:00 pm	TRIPLE JUMP	WOMEN	31' 0 MINIMUM
36	1:00 pm	HIGH JUMP	MEN	START 5' 8
37	1:00 pm	POLE VAULT	MEN	START 11' 0
53	1:00 pm	SHOT PUT	F/S GIRLS	20' 0 MINIMUM
54	1:00 pm	LONG JUMP	F/S GIRLS	12' 0 MINIMUM
32	1:30 pm	DISCUS	MEN	120' 0 MINIMUM
16	2:00 pm	HIGH JUMP	WOMEN	START 4' 8
73	2:00 pm	SHOT PUT	F/S BOYS	40' 0 MINIMUM
17	3:00 pm	POLE VAULT	WOMEN	START 7' 0
55	3:00 pm	TRIPLE JUMP	F/S GIRLS	28' 0 MINIMUM
74	3:00 pm	LONG JUMP	F/S BOYS	16' 0 MINIMUM

- **IF MEET MANAGEMENT HAS THE ABILITY TO RUN A LITTLE AHEAD OF SCHEDULE WE WILL DO SO.** IN THE PAST WE HAVE RUN AHEAD. IT IS VITAL THAT ALL ATHLETES PAY ATTENTION TO THE PA SYSTEM AND CHECK-IN AT 1ST CALL.
- HAVE YOUR ATHLETES READY TO CHECK INTO THE CLERK OF THE COURSE THROUGH THE WARM-UP FIELD AT LEAST **30 MINUTES AHEAD OF THE SCHEDULED START OF THE EVENT.** WE DO HAVE ALTERNATES THAT WOULD LIKE TO GET INTO THE RACE IF ATHLETES DO NOT SHOW UP ON TIME.
- FIELD EVENTERS REPORT TO THE EVENT THROUGH THE WARM-UP AREA. **THROWERS MUST HAVE THEIR IMPLEMENTS WEIGHED** PRIOR TO COMPETITION.
- DO NOT CLIMB OVER FENCES.
- PLEASE STAY OFF THE INFIELD. CANOPIES MAY BE SETUP IN THE STANDS ON EITHER SIDE OF THE TRACK.
- PLEASE ADVISE ALL ATHLETES THAT THE CIF UNIFORM RULES WILL BE ENFORCED FOR THIS MEET.
- NO BALLS, FRESSSBIES, RADIOS, CELLPHONES, ETC. ARE ALLOWED ON THE INFIELD.
- NO ONE WITH HEADPHONES WILL BE ALLOWED ON THE INFIELD OR TRACK.

THANK YOU.
MEET MANAGEMENT