



**SAINT FRANCIS HIGH SCHOOL
29TH ANNUAL
TRACK AND FIELD CARNIVAL
SATURDAY MARCH 17, 2012**



Please note the new Date for 2012.

Enclosed you will find meet entry information for the 29th Annual St. Francis High School Track and Field Invitational. This year's meet will be held on **Saturday, March 17, 2012** 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. New This Year!** This year we have added a **Co-Ed 4x200 relay** – one Varsity and one F/S. As an added bonus, ***it's free!*** So if you have some fast boys and girls you want to pair up, you can set the meet record and make a run at the CCS record (1:37.63 by San Carlos in 1980). NOTE: Please send your entries for this event directly to trackcoach@sfhs.com as DirectAthletics does not accept co-ed high school events..
- 2. 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.
- 3. 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.
- 4. Entries:** Once again we will be utilizing **DirectAthletics.com** for meet entries. All entries must be entered into DirectAthletics by **Sunday, March 11 at 10:00am**. The entry system will be shutdown at 10:00am. Coaches that provided email addresses will receive confirmation of their entries Sunday evening.
- 5. Updates:** This year there will be no updates of marks following the closure of entries.
- 6. 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.
- 7. 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).

8. 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.
9. 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 12** 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.SFHSGlobal.com) by Monday morning.
10. **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.**
11. **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.
12. **Awards:** Individuals awards will be given to the top 3 athletes/relay teams in each event.
13. **Late Entry Policy:** No late entries will be accepted.
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:

Steve Fuller

Mike Saso, Head Boy's Coach

Mandy Benham, Head Girl's Coach



2012 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	VARISTY G	HEAT #1
21	8:15	3000M	VARISTY B	HEAT #1
47	8:30	DIS. MED. (1200,400,800,1600)	F/S GIRLS	HEAT #1
67	8:45	DIS. MED. (1200,400,800,1600)	F/S BOYS	HEAT #1
2	9:00	100 M HURDLES	VARISTY G	HEAT #1-2
42	9:10	100 M HURDLES	F/S GIRLS	HEAT #1-3
22	9:25	110 M HI. HURDLES	VARISTY B	HEAT #1-3
62	9:40	70 YD HI. HURDLES	F/S BOYS	HEAT #1-3
3	10:00	400 METER RELAY	VARISTY G	HEAT #1-3
43	10:15	400 METER RELAY	F/S GIRLS	HEAT #1-2
63	10:25	400 METER RELAY	F/S BOYS	HEAT #1-2
23	10:35	400 METER RELAY	VARISTY B	HEAT #1-3
4	10:45	1 MILE	VARISTY G	HEAT #1-2
44	11:00	1 MILE	F/S GIRLS	HEAT #1-2
64	11:15	1 MILE	F/S BOYS	HEAT #1-2
24	11:30	1 MILE	VARISTY B	HEAT #1-2
5	11:45	400 METERS	VARISTY G	HEAT #1-4
45	12:00	400 METERS	F/S GIRLS	HEAT #1-4
65	12:15	400 METERS	F/S BOYS	HEAT #1-4
25	12:30	400 METERS	VARISTY B	HEAT #1-5
78	12:45	CO-ED 800 METER RELAY	VARISTY	HEAT 1
79	12:48	CO-ED 800 METER RELAY	F/S	HEAT 1

LUNCH BREAK

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>SECTION</u>
6	1:15	100 METERS	VARISTY G	HEAT #1-4
46	1:30	100 METERS	F/S GIRLS	HEAT #1-4
66	1:45	100 METERS	F/S BOYS	HEAT #1-4
26	2:00	100 METERS	VARISTY B	HEAT #1-5
7	2:20	DIS. MED. (1200,400,800,1600)	VARISTY G	HEAT #1
27	2:40	DIS. MED. (1200,400,800,1600)	VARISTY B	HEAT #1
8	2:55	800 INVITATIONAL	VARISTY G	HEAT #1
48	3:00	800 INVITATIONAL	F/S GIRLS	HEAT #1
68	3:10	800 INVITATIONAL	F/S BOYS	HEAT #1
28	3:15	800 INVITATIONAL	VARISTY B	HEAT #1
9	3:25	800 MED (100,100,200,400)	VARISTY G	HEAT #1-2
49	3:35	800 MED (100,100,200,400)	F/S GIRLS	HEAT #1-2
69	3:45	800 MED (100,100,200,400)	F/S BOYS	HEAT #1-2
29	3:55	800 MED (100,100,200,400)	VARISTY B	HEAT #1-2
10	4:00	300 M HURDLES	VARISTY G	HEAT #1-4
50	4:15	300 M HURDLES	F/S GIRLS	HEAT #1-3
70	4:25	300 M HURDLES	F/S BOYS	HEAT #1-3
30	4:35	300 M HURDLES	VARISTY B	HEAT #1-3
11	4:45	1600 METER RELAY	VARISTY G	HEAT #1-2
51	4:55	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	VARISTY B	HEAT #1-2



2012 SAINT FRANCIS HIGH SCHOOL TRACK AND FIELD INVITATIONAL SCHEDULE



FIELD EVENTS

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>NOTES</u>
14	9:00 am	LONG JUMP	Varsity G	15' 0 MINIMUM
35	9:00 am	TRIPLE JUMP	Varsity B	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	Varsity G	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	Varsity B	40' 0 MINIMUM
34	11:30 am	LONG JUMP	Varsity B	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	Varsity G	85' 0 MINIMUM
15	1:00 pm	TRIPLE JUMP	Varsity G	31' 0 MINIMUM
36	1:00 pm	HIGH JUMP	Varsity B	START 5' 8
37	1:00 pm	POLE VAULT	Varsity B	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	Varsity B	120' 0 MINIMUM
16	2:00 pm	HIGH JUMP	Varsity G	START 4' 8
73	2:00 pm	SHOT PUT	F/S BOYS	40' 0 MINIMUM
17	3:00 pm	POLE VAULT	Varsity G	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

- THE SCHEDULE LISTED ABOVE IS A GUIDELINE. **IF MEET MANAGEMENT HAS THE ABILITY TO RUN AHEAD OF SCHEDULE WE WILL DO SO.** IN THE PAST WE HAVE RUN UP TO **30 MINUTES AHEAD OF SCHEDULE.** 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 **1 HOUR AHEAD OF THE START OF THE EVENT.** WE DO HAVE ALTERNATES THAT WOULD LIKE TO GET INTO THE RACE IF ATHLETES DO NOT SHOW UP ON TIME.
- **CHECK-IN CLOSES 20 MINUTES PRIOR TO THE START OF THE EVENT.** IF THERE ARE SCRATCHES OR NO-SHOWS, WE WILL ADD ALTERNATES AND RESEED THE EVENT. LANE AND HEAT ASSIGNMENTS WILL BE AVAILABLE 10 MINUTES BEFORE THE START OF THE EVENT.
- FIELD EVENTERS CHECK-IN AND 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. On THE SOUTH SIDE, PLEASE LEAVE ENOUGH ROOM FOR THE BOOTH TO SEE THE START AND FINISH LINES.
- PLEASE ADVISE ALL ATHLETES THAT THE CIF UNIFORM RULES WILL BE ENFORCED FOR THIS MEET.
- NO BALLS, FRESSSBIES, RADIOS, IPODS, CELLPHONES, ETC. ARE ALLOWED ON THE INFIELD.
- NO ONE WITH HEADPHONES WILL BE ALLOWED ON THE INFIELD OR TRACK.

THANK YOU.
MEET MANAGEMENT