

The 21th Annual
St. Francis High School
Track and Field Carnival
Saturday, April 3rd, 2004

PLEASE NOTE THE DATE AND TIME CHANGES

Enclosed you will find meet entry information for the 21st annual St. Francis High School Track and Field Carnival. This year's meet will be held on Saturday, April 3rd, 2004 at St. Francis High School in Mt. View.

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

Meet Entry Information:

1. 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.
2. When entering, make sure to list the athletes 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.** If an athlete has not made a mark yet this season, please write "update" under the mark listing. When the mark has been made, call in the update.
3. Updates: You may update any mark until 12:00 (noon) on Monday, March 29th. Please call (650) 968-1213 ext. 678 and leave the following information: School, Name of athlete(s), event, new mark. **Please speak slowly and clearly.** Or you may Email your updates, with the same information, to stfuller@sfhs.com.
4. In the 1 Mile event there will be 2 sections: Section #1-slow, Section #2- fast.
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!**
7. Please make sure to list both home and school phone numbers on your entry forms. You will be notified during the week of the meet regarding the status of your entries. You will be notified if the athletes were not included due to lane/flight limitations. If you do not receive a call, then all of your athletes will be included in the meet.
8. Entry fees are listed on each of the entry forms. For those schools with large numbers of entries, meet management has instituted a maximum entry fee of \$300.00. Please make checks **payable to: St. Francis High School Track and Field.** There will be a **\$25.00 late fee** added to those who have not paid by the day of the meet.

9. 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 **Chris Adams** at St. Francis High School.
10. Awards: Will be given to the top 3 athletes/relay teams in each event.
11. Entry Deadline: All entries must be received by meet directors, Chris Adams and Mike Saso by **Saturday, March 20th**. You may also hand entries to members of the St. Francis coaching staff at the West Valley Relays.
12. Late Entry Policy: Entries received after the deadline will be included in the meet only if there is an opening available.
13. Seeding Meeting: Will take place on Monday, March 29th. At this time, heats/flights will be determined. You should expect a call to your school number by Wednesday, March 31st informing you on the athletes that will have to be left out due to lane/flight size restrictions. If you don't receive a call, then all of your athletes have made the meet. If you have any questions during the week of the meet, please call, Mike Saso at 650-968-1213 ext. 678.

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:

Chris Adams, Head Girl's Coach

Mike Saso, Head Boy's Coach

St. Francis High School Track and Field Carnival

Entry Form

School: _____

Coach's Name: _____

School Phone #: _____

E-Mail address: _____

Home #: _____

School Address: _____

(include zip code)

Relays (Best '04 time)

WOMEN MEN F/S

4 X 100 Relay _____

Distance Medley (1200,400,800,1600) _____

800 Sprint Medley (100,100,200,400) _____

Mile Relay _____

Individual Events

Division: **W** **M** **F/S**

<u>Athlete's Name</u>	<u>Event #</u>	<u>Event</u>	<u>Best '04 Mark</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Entry Fees Due:

of Individual Events _____ X \$3.00 Each = _____

of Relay Events _____ X \$10.00 Each = _____

Total Due = _____

Mail to: Mike Saso, 1885 Miramonte Ave, Mt. View, Ca 94040 By 3/20/01

Fax to: Mike Saso (650) 968-1706

ST. FRANCIS HIGH SCHOOL TRACK AND FIELD CARNIVAL
 TIME SCHEDULE
 April 3, 2004

EVENT #	TIME	EVENT	DIVISION	SECTION
1	8:00	3000M	WOMEN	HEAT #1
	8:15	3000M	WOMEN	HEAT #2
2	8:30	3000M	MEN	HEAT #1
	8:45	3000M	MEN	HEAT #2
3	9:00	100 M HURDLES	WOMEN	HEAT #1
	9:05	100 M HURDLES	WOMEN	HEAT #2
	9:10	100 M HURDLES	WOMEN	HEAT #3
	9:15	100 M HURDLES	WOMEN	HEAT #4
4	9:20	110 M HI. HURDLES	MEN	HEAT #1
	9:25	110 M HI. HURDLES	MEN	HEAT#2
	9:30	110 M HI. HURDLES	MEN	HEAT#3
	9:35	110 M HI. HURDLES	MEN	HEAT #4
5	9:40	70 YD HI. HURDLES	FR/SO	HEAT #1
	9:45	70 YD HI. HURDLES	FR/SO	HEAT #2
	9:50	70 YD HI. HURDLES	FR/SO	HEAT #3
	9:55	70 YD HI. HURDLES	FR/SO	HEAT #4
6	10:00	400 METER RELAY	WOMEN	HEAT #1
	10:05	400 METER RELAY	WOMEN	HEAT #2
	10:10	400 METER RELAY	WOMEN	HEAT #3
7	10:15	400 METER RELAY	FR/SOPH	HEAT #1
	10:20	400 METER RELAY	FR/SOPH	HEAT #2
	10:25	400 METER RELAY	FR/SOPH	HEAT #3
8	10:30	400 METER RELAY	MEN	HEAT #1
	10:35	400 METER RELAY	MEN	HEAT #2
	10:40	400 METER RELAY	MEN	HEAT #3
9	10:45	1 MILE	WOMEN	HEAT #1
	10:50	1 MILE	WOMEN	HEAT #2
	10:55	1 MILE	WOMEN	HEAT #3
10	11:00	1 MILE	FR/SOPH	HEAT #1
	11:05	1 MILE	FR/SOPH	HEAT #2
	11:10	1 MILE	FR/SOPH	HEAT #3
11	11:15	1 MILE	MEN	HEAT #1
	11:20	1 MILE	MEN	HEAT #2
	11:25	1 MILE	MEN	HEAT #3
12	11:30	400 METERS	WOMEN	HEAT #1
	11:35	400 METERS	WOMEN	HEAT #2
	11:40	400 METERS	WOMEN	HEAT #3
	11:45	400 METERS	WOMEN	HEAT #4

EVENT #	TIME	EVENT	DIVISION	SECTION
13	11:50	400 METERS	FR/SOPH	HEAT #1
	11:55	400 METERS	FR/SOPH	HEAT #2
	12:00	400 METERS	FR/SOPH	HEAT #3
	12:05	400 METERS	FR/SOPH	HEAT #4
	12:10	400 METERS	FR/SOPH	HEAT #5
14	12:15	400 METERS	MEN	HEAT #1
	12:20	400 METERS	MEN	HEAT #2
	12:25	400 METERS	MEN	HEAT #3
	12:30	400 METERS	MEN	HEAT #4
	12:35	400 METERS	MEN	HEAT #5
LUNCH BREAK				
15	12:55	100 METERS	WOMEN	HEAT #1
	1:00	100 METERS	WOMEN	HEAT #2
	1:05	100 METERS	WOMEN	HEAT #3
	1:10	100 METERS	WOMEN	HEAT #4
16	1:15	100 METERS	FR/SOPH	HEAT #1
	1:20	100 METERS	FR/SOPH	HEAT #2
	1:25	100 METERS	FR/SOPH	HEAT #3
	1:30	100 METERS	FR/SOPH	HEAT #4
	1:35	100 METERS	FR/SOPH	HEAT #5
17	1:40	100 METERS	MEN	HEAT #1
	1:45	100 METERS	MEN	HEAT #2
	1:50	100 METERS	MEN	HEAT #3
	1:55	100 METERS	MEN	HEAT #4
18	2:00	DIS. MED. (1200,400,800,1600)	WOMEN	HEAT #1
19	2:20	DIS. MED. (1200,400,800,1600)	FR/SOPH	HEAT #1
20	2:30	DIS. MED. (1200,400,800,1600)	MEN	HEAT #1
21	2:45	800 SPRINTMED. RELAY	WOMEN	HEAT #1
	2:50	800 SPRINT MED. RELAY	WOMEN	HEAT #2
22	2:55	800 SPRINT MED. RELAY	FR/SOPH	HEAT #1
	3:00	800 SPRINT MED. RELAY	FR/SOPH	HEAT #2
23	3:05	800 SPRINT MED. RELAY	MEN	HEAT #1
	3:10	800 SPRINT MED. RELAY	MEN	HEAT #2
24	3:20	300 M HURDLES	WOMEN	HEAT #1
	3:25	300 M HURDLES	WOMEN	HEAT #2
	3:30	300 M HURDLES	WOMEN	HEAT #3
	3:35	300 M HURDLES	WOMEN	HEAT #4
25	3:40	300 M HURDLES	FR/SOPH	HEAT #1
	3:45	300 M HURDLES	FR/SOPH	HEAT #2
	3:50	300 M HURDLES	FR/SOPH	HEAT #3
26	3:55	300 M HURDLES	MEN	HEAT #1
	4:00	300 M HURDLES	MEN	HEAT #2
	4:05	300 M HURDLES	MEN	HEAT #3
	4:10	300 M HURDLES	MEN	HEAT #4

EVENT #	TIME	EVENT	DIVISION	SECTION
27	4:15	MILE RELAY	WOMEN	HEAT #1
	4:20	MILE RELAY	WOMEN	HEAT #2
28	4:25	MILE RELAY	FR/SOPH	HEAT #1
	4:30	MILE RELAY	FR/SOPH	HEAT #2
29	4:35	MILE RELAY	MEN	HEAT #1
	4:40	MILE RELAY	MEN	HEAT #2

FIELD EVENTS

30	9:00	POLE VAULT	FR/SOPH	
31	9:00	LONG JUMP	WOMEN	
32	9:00	HIGH JUMP	MEN	
33	9:00	DISCUS	WOMEN	
34	9:00	SHOT PUT	FR./SOPH	
35	9:00	TRIPLE JUMP	MEN	
36	11:00	POLE VAULT	MEN	
37	11:30	DISCUS	MEN	
38	11:30	LONG JUMP	MEN	
39	11:30	HIGH JUMP	WOMEN	
40	11:30	SHOT PUT	WOMEN	
41	11:30	TRIPLE JUMP	FR/SOPH	
42	2:00	TRIPLE JUMP	WOMEN	
43	2:00	HIGH JUMP	FR/SOPH	
44	2:00	DISCUS	FR/SOPH	
45	2:00	SHOT PUT	MEN	
46	2:00	LONG JUMP	FR/SOPH	
47	2:00	POLE VAULT	WOMEN	

IF MEET MANAGEMENT HAS THE ABILITY TO RUN A LITTLE AHEAD OF SCHEDULE WE WILL DO SO. HAVE YOUR ATHLETES READY TO CHECK INTO THE CLERK OF THE COURSE THROUGH THE WARM-UP FIELD AT LEAST 20-30 MINUTES AHEAD OF SCHEDULE. 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. DO NOT CLIMB OVER FENCES.

THANK YOU.