

*The 1<sup>st</sup> Annual  
Firebird Relays*

Saturday, March 31<sup>st</sup>, 2012

**General Meet Information**

- The meet begins at **9:00 am**
- Four divisions; VG, VB, F/S Girls, F/S Boys
- Lane and flight assignments will be seeded by best times and marks
- Athletes may not compete in both Varsity and F/S events
- Limit 4-athletes per team in field events, with 4 attempts
  - Combined event team will also be ranked in scoring, as well as individuals
  - Limit 6-athletes per running event
- **No additional time allowance** will be given to field event athletes with conflicting running events, the pits and rings are open. **It is up to the athletes to arrange their field attempts with their individual running schedule.**
- Limit 1-team per relay per school
- Athletic trainers will be on-site
- Meet will be held rain or shine
- Admission: \$6.00 per adult (includes programs, still \$6.00 without program), \$2.00 per student
- T-Shirts and concessions on sale

**Awards**

- Medals for top 3 places and top 3 relays, includes field event combinations as relays
- Meet trophy for team with most points for all four combined divisions (must score in each division)

**Entry Fees and Deadlines**

- Entries must be entered on **Athletics.Net** by 8:59pm, **Tuesday, March 27<sup>th</sup>**
- Individuals, \$5.00 per event, \$20.00 per relay, field event teams do not count as relay entry
- Maximum fee, \$400.00 per school
- No refund for no shows, no refunds for athletes scratched after entry fee deadline
- Entry payment must be received no later than at the gate on the day of the meet

**Payment:**

- Make checks payable to "Fremont High (Sunnyvale) Track & Field"

**Schedule**

- **Meet will start at 9:00 am**
  - Running events will follow a rolling time schedule, but will halt if meet is running more than 30-minutes ahead of planned running schedule
  - Athletes should check in at least 30 minutes before their events. For check-in, athletes are urged to pay attention to the order of events and be aware if the meet is running ahead of time
  - Those not checked in when their heat is on the line or when their field event starts, will be disqualified

**Meet Directors**

- Meet day, Mark Shields, Head Coach Fremont - pre-meet questions, Hank Lawson, Mark Shields
  - Please email the group with your questions; [Markstrackcoach@gmail.com](mailto:Markstrackcoach@gmail.com), [Sylvmarks@yahoo.com](mailto:Sylvmarks@yahoo.com), [hanklawtrack@gmail.com](mailto:hanklawtrack@gmail.com)

**Track & Field Events *scheduled time* and order *9:00 start***

1. 100m/110m/65m Hurdles **9:00**
  - a. **9:00** – VG 100mH
  - b. **9:05** – FSG 100mH
  - c. **9:15** – VB 110Mh
  - d. **9:20** – FSB 65mH
2. 1600m run
  - a. **9:30** – FSG 1600m **9:30**
  - b. **9:40** – FSB 1600m
  - c. **9:50** – VG 1600m
  - d. **10:00** – VB 1600m
3. 4x100m Relay **10:10**
  - a. **10:10** – FSG 4X100m
  - b. **10:15** – FSB 4X100m
  - c. **10:20** – VG 4X100m
  - d. **10:25** – VB 4X100m
4. 5000m run (by gender, varsity and Fr/So will be sorted in results (Individual medals and 3-deep total time for relay)
  - a. **10:30** – Combined all together Boys & GIRLS 5000m (VG & FSG simultaneously)
5. 4x800m Relay **10:55**
  - a. **10:55** – FSG 4X800m
  - b. **11:05** – FSB 4X800m
  - c. **11:15** – VG 4X800m
  - d. **11:25** – VB 4X800m
6. 400m run **11:35**
  - a. **11:35** – FSG 400m
  - b. **11:40** – FSB 400m
  - c. **11:45** – VG 400m
  - d. **11:50** – VB 400m

**BREAK at approximately 12:00pm, plan to resume at 1:00**

7. 100m dash **1:00**
  - a. **1:00** – FSG 100m
  - b. **1:05** – FSB 100m
  - c. **1:10** – VG 100m
  - d. **1:15** – VB 100m
8. 800m run **1:20**
  - a. **1:20** – FSG 800m
  - b. **1:25** – FSB 800m
  - c. **1:30** – VG 800m
  - d. **1:35** – VB 800m
9. 300IH (scoring 3-deep total time for relay) **1:50**
  - a. **1:50** – FSG 300mH
  - b. **1:55** – VG 300mH
  - c. **2:05** – FSB 300mH
  - d. **2:10** – VB 300mH

**10. 200m dash 2:20**

- a. **2:20** – FSG 200m
- b. **2:25** – FSB 200m
- c. **2:30** – VG 200m
- d. **2:35** – VB 200m

**11. 3200M run 2:45** (by gender, varsity and Fr/So will be sorted in results (Individual medals and 3-deep total time for relay))

- a. **2:45** – Boys & GIRLS 3200m (VG & FSG simultaneously)

**12. 4x400m relay 3:05**

- a. **3:05** – FSG 4X400m
- b. **3:10** – FSB 4X400m
- c. **3:15** – VG 4X400m
- d. **3:20** – VB 4X400m

**Field Events** (all scoring 3-deep total team performance for relay (all three must meet minimum))

**1. High Jump** (1:15- open pit duration per division, starting at the below times)

- a. **9:00** – FSB HJ, start at 4'06"
- b. **10:00** – FSG HJ, start at 3'06"
- c. **11:00** – VB HJ, start at 5'00"
- d. **1:00** – VG HJ, start at 4'00"

**2. Shot Put** (1:15- open ring duration per division, starting at the below times)

- a. **10:00** – VG SP, minimum 20'00"
- b. **11:00** – VB SP, minimum 25'00"
- c. **1:00** – FSG SP, minimum 18'00"
- d. **2:00** – FSB SP, minimum 25'00"

**3. Triple jump** (90-minute open pit per division, starting at the below times)

- a. **9:00** – VB TJ, minimum 30'00"
- b. **10:00** – FSB TJ, minimum 26'00"
- c. **11:00** – VG TJ, minimum 26'00"
- d. **1:00** – FSG TJ, minimum 22'00"

**4. Discus** (Open ring duration per division listed below, starting at the below times)

- a. **10:00** – FSG Disc, minimum 50'00" (60-minute open ring duration)
- b. **11:00** – FSB Disc, minimum 70'00" (60-minute open ring duration)
- c. **1:00** – VG Disc, minimum 60'00" (90-minute open ring duration)
- d. **2:00** – VB Disc, minimum 80'00" (90-minute open ring duration)

**5. Long Jump** (90-minute open pit per division, starting at the below times)

- a. **9:00** – VG LJ, minimum 12'00"
- b. **10:00** – VB LJ, minimum 16'00"
- c. **11:00** – FSG LJ, minimum 10'00"
- d. **1:00** – FSB LJ, minimum 14'00"