

January 2007

All Interested Coaches:

**39th Annual Foothill Invitation
at Citrus College, March 3rd, 2007**

Coaches,

Your patience is appreciated as we, at Citrus Track, re-tool the format of our Invitational. For those who have participated in the past, we welcome you back. For those who have not attended the meet, please consider us as you look at your Spring schedule. In the hopes of simplifying the meet for all participants you will notice the following:

- As an invitational we wanted to allow broader competition between any schools participating. This year we will not have separate divisions.
- As we move to this open format, we will not limit participants by requiring qualifying entry marks. Event-specific entry limits are listed in the entry materials.
- All individual events will be scored based on individual performances. All relays and medleys will be scored by team performance. The Top 9 performances in all events will score (10, 8, 7 etc).
- Top **9** participants in individual events & Top **3** in relay/medley events will medal.
- All running events will be contested as Timed Finals. All field events will be contested as Finals.

As in the past, the meet will be held at Citrus College on our 9-lane, all weather track which features expanded field event areas and all-weather runway surfaces. The Citrus Track staff looks forward to hosting you at our facility this year, and for many to come.

Sincerely,

Nicki Shaw
Citrus Track

39th Annual Foothill Invitation Citrus College, March 3rd, 2007, 8am

Entry to the meet will be accepted on a first come, first served basis. The fee is \$300 for combined men/women's entries; \$200 for single team entry. Checks may be sent in advance or delivered at check-in the day of the meet. The final deadline for entry submission is Friday, February 23rd, 2007 to allow for the posting of seed lists, scratches or corrections prior to the meet.

The meet will be held rain or shine. There will be no refund of entry fees.

Steps to Enter:

- Complete this form.
- Submit Entries (Form Enclosed) by mail, fax, or email.
- Make checks payable to: Foothill Invitational.
- Confirmation of entry to meet will be sent within 24 hours once received.

Entry Information:

School/Team Name: _____
Coach's Name: _____
Coach's Ph. #: _____
Coach's Email: _____
Number of Athletes Competing: _____

Mailing Address: _____

- I have questions about the meet. **Contact me.**
 Add me to the **Citrus Track Bulletin.**

Mail Entries & Fee To:

Nicki Shaw – Meet Director
Citrus College
1000 W. Foothill Boulevard
Glendora, CA 91741-1899

Contact Meet Director:

Nicki Shaw (626) 914-8652 office
(Voicemail messages accepted)
nshaw@citruscollege.edu
(626) 914-8659 fax

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See Enclosed Form

Mail Entry Fee To: Nicki Shaw – Meet Director **Contact Meet Director:** Nicki Shaw (626) 914-8652office
Citrus College (Voicemail messages accepted)
1000 W. Foothill Boulevard nshaw@citruscollege.edu
Glendora, CA 91741-1899 (626) 914-8659fax

Date for Meet: Saturday, March 3rd, 2007. “Rain or Shine”
Events: Women, Men to Follow, unless otherwise noted.

Order of Events

Running Events- Timed Finals

4 x 1600m
Sprint Medley- Women (100, 100, 200, 400)
Sprint Medley- Men (200, 200, 400, 800)
4 x 100m
4 x 800m
100m Hurdles Women
110m Hurdles Men
100m
300m Hurdles
4 x 200m
Distance Medley (1200, 400, 800, 1600)
4 x 400m

Field Events- Finals

Shot Put
Long Jump
High Jump
Triple Jump
Pole Vault
Discus

Entry limits: A maximum of **3 entries per individual event, per team.**
A maximum of **1 entry per relay/medley event, per team.**

Participation: An athlete may participate in a **maximum** of 4 events.

Timing: All Running events will have automatic timing.

Flights: Flights will be run as finals based on entry times. Flights and lanes will be assigned.

Running Events: Runners must stay in lanes after baton pass and for all races run in lanes. Disqualification will result from thrown batons or lane violations.

Clerk of Course: Will be located at the west end of the stands on the south side of the stadium. Athletes will be escorted to the starting area.

Field Events: **3 attempts** in LJ/TJ/Shot/Discus. The ‘One Minute’ rule will be enforced.

Warm-Up Area: Warm-up area is located north of the stadium on the grass Softball field.

Training Facility: The training tent will be on the southwest side of the straightaway. Citrus Athletic Trainers will attend to your needs. Please provide your own taping materials.

Awards: **Top 9** participants in **individual** events receive medals.
Top 3 in **relay/medley** events will receive medals.

Scoring: Scoring will take place for the top 9 performances.
Scoring will be 10-8-7-6-5-4-3-2-1.

Results: Will be posted upon the walls below the stadium press box.

*****Additional Information*****

Athletes Entry: Show or wear uniform- Southwest Gate.

Spike Check: Spikes will be checked upon entry. Participants must have ¼” or smaller Pyramid spikes. They will be available to purchase at \$3 per set. No competitors will be allowed to compete if the wrong size spikes are worn.

Contestants: Please stay in the stands when not in competition. Participants in the competition are when not competing or along the railings that disrupt competition may face disqualification.

Dressing Rooms: No locker rooms are available. Teams are asked to come dressed to compete.

Equipment: Teams will furnish their own batons, poles, and field implements (shot puts, discus, hammers).

Radios: Radios are prohibited on the field at all times. Please bring devices that allow the use of personal earphones.

Team Tents: Team tents may be set-up at the top of the stadium where they will not obstruct spectator viewing. **NO tents are allowed on the turf infield.**

Snack Bar: The snack bar will be open.

T-Shirts: Shirts will be available for purchase.

Rain Date: The meet will be held rain or shine. There will be no refund of entry fees.

Stadium Opens: Gates open at 7 a.m.
Events will begin at 8:00 a.m.

Facilities: There will be one (1) pole vault pit, two (2) high jump pits, two (2) shot put rings, two (2) discus rings, two (2) long/triple jump pits, and a nine (9) lane all-weather track.

NO GUM OR FOOD ARE ALLOWED ON THE INFIELD OR TRACK.

Field Events Entries

Athlete's Name (First, Last)/ Performance

8:30 am	Women's SP	1.
		2.
		3.
8:30 am	Men's SP	1.
		2.
		3.
8:30 am	Women's Discus	1.
		2.
		3.
8:30 am	Men's Discus	1.
		2.
		3.
8:30 am	Women's PV	1.
		2.
		3.
-	Men's PV	1.
		2.
		3.
8:30 am	Women's HJ	1.
		2.
		3.
8:30 am	Men's HJ	1.
		2.
		3.
8:30 am	Women's LJ	1.
		2.
		3.
8:30 am	Men's LJ	1.
		2.
		3.
1:15 pm	Women's TJ	1.
		2.
		3.
1:15 pm	Men's TJ	1.
		2.
		3.

Running Events Entries

Athlete's Name (First, Last)/ Performance

9:00 am	4 x 1600m- Women	1. 2. 3.
9:30 am	4 x 1600m- Men	1. 2. 3.
10:00 am	Sprint Medley -Women (100, 100, 200, 400)	1. 2. 3.
10:15 am	Sprint Medley- Men (200, 200, 400, 800)	1. 2. 3.
10:30 am	4 x 100m- Women	1. 2. 3.
10:45 am	4 x 100m- Men	1. 2. 3.
11:00 am	4 x 800m- Women	1. 2. 3.
11:35 am	4 x 800m- Men	1. 2. 3.
12:00 pm	100m Hurdles Women	1. 2. 3.
12:15 pm	110m Hurdles Men	1. 2. 3.
12:30 pm	100m- Women	1. 2. 3.
1:00 pm	100m- Men	1. 2. 3.

1:25 pm	300m Hurdles- Women	1. 2. 3.
2:00 pm	300m Hurdles- Men	1. 2. 3.
2:30 pm	4 x 200m- Women	1. 2. 3.
2:45 pm	4 x 200m- Men	1. 2. 3.
3:00 pm	Distance Medley- Women (1200, 400, 800, 1600)	1. 2. 3.
3:20 pm	Distance Medley- Men (1200, 400, 800, 1600)	1. 2. 3.
3:35 pm	4 x 400m- Women	1. 2. 3.
3:50 pm	4 x 400m- Men	1. 2. 3.

Order of Field Events

8:30 am	Women's Shot Put			West Ring
8:30 am	Men's Shot Put			Main Ring
8:30 am	Women's Discus			Infield Ring
8:30 am	Men's Discus			West Ring
8:30 am	Women's PV	Starting Height:		South Field
	(Men to Follow)		Women 7'0"	
			Men 9'6"	
8:30 am	Women's High Jump	Starting Height:		Infield Area- South
			3'10"	
8:30 am	Men's High Jump	Starting Height:		Infield Area- North
			4'10"	
8:30 am	Women's Long Jump			South Field
8:30 am	Men's Long Jump			South Field
1:15 pm	Women's Triple Jump			South Field
1:15 pm	Men's Triple Jump			South Field

Note:

- A one-minute rule exists and will be enforced for all field events. It is the athlete's responsibility to report to all events at the proper times in order to compete. Encourage athletes to make officials aware if they are competing in several events during the same period of time.
- The HJ & PV bar will not be lowered once they are at a new height. It is critical your athletes are aware of this prior to missing an attempt or entry height.

Order of Running Events- Timed Finals

9:00 am	4 x 1600m- Women
9:30 am	4 x 1600m- Men
10:00 am	Sprint Medley -Women (100, 100, 200, 400)
10:15 am	Sprint Medley- Men (200, 200, 400, 800)
10:30 am	4 x 100m- Women
10:45 am	4 x 100m- Men
11:00 am	4 x 800m- Women
11:35 am	4 x 800m- Men
12:00 pm	100m Hurdles Women
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12:30 pm	100m- Women
1:00 pm	100m- Men

1:25 pm 300m Hurdles- Women
2:00 pm 300m Hurdles- Men
2:30 pm 4 x 200m- Women
2:45 pm 4 x 200m- Men
3:00 pm Distance Medley- Women (1200, 400, 800, 1600)
3:20 pm Distance Medley- Men (1200, 400, 800, 1600)
3:35 pm 4 x 400m- Women
3:50 pm 4 x 400m- Men

Note:

- This is a “running” schedule. If events conclude ahead of schedule, the next event will proceed immediately.