

**MUSTANG RELAYS**  
**Saturday, March 17, 2007**  
**Kezar Stadium – San Francisco**  
**Sponsored by Lincoln High School, SF**

- ELIGIBILITY** Meet entry is open to all high school athletes. Divisions contested include:  
Boys Varsity, Girls Varsity, Boys Frosh/Soph, Girls Frosh/Soph.
- SPONSORSHIP** In compliance with CIF Regulations, this competition is officially sponsored by Lincoln High School, a member of the San Francisco Section. All entry fees will be collected by Don Collins, San Francisco Section League Commissioner. Contact at: [dcollin@poet.sfusd.edu](mailto:dcollin@poet.sfusd.edu)
- ENTRIES** Entries will be completed on-line at EZMeets.com. If you intend to enter the 2007 Mustang Relays, you must e-mail [tjenkins@comcast.net](mailto:tjenkins@comcast.net) as soon as you receive this mailing and let us know that you will be attending. Please include in email:
1. School name and intent to attend
  2. Head coach's name
  3. Coach's home and work phone numbers
  4. Division to compete in – (full school = Varsity Boys [VB], Varsity Girls [VG], Frosh/Soph Girls [F/SG], Frosh/Soph Boys [F/SB]; a single division = VG only etc; two division = F/SB & VB etc.; or just individuals or individual relay teams and how many.
- In order to enter athletes at EZMeets.com, you will need a password. You will receive a password shortly after you e-mail [tjenkins@comcast.net](mailto:tjenkins@comcast.net) as instructed above. After receiving your password your spot is reserved in the meet. **Entry deadline is Wednesday, March 14, 2007.**
- Note, Long Jump and Triple Jump entries are limited to 3ea. per school per division**
- ENTRY FEE** **Entries pre-paid by 3/14:** \$15 per individual; maximum of \$125 per boys division **or** girls division team; \$300 maximum per school boys **and** girls team. **Mail check to Athletic Office, 555 Portola Dr., Room 250, San Francisco, CA 94131**  
**Entries after 3/14:** \$20 per individual; maximum of \$150 per boys division **or** girls division team; \$350 maximum per school boys **and** girls team. **Bring check or cash to entry table on day of meet**  
**Please make checks payable to Academic Athletic Association**
- SPECTATOR FEE** Adults: \$5.00; High School Students (with ID): \$3.00; Children: FREE
- AWARDS** Awards will be given for the top three places (medals for first, ribbons for second and third) in each division. Team awards will include a Championship Plaque for each division.
- FORMAT** All track events will be in relay format and will be scored toward team championships in all four divisions: boys varsity, girls varsity, boys frosh/soph, girls frosh/soph.
- The field events are individual format and will be scored toward team championships in all four divisions: boys varsity, girls varsity, boys frosh/soph, girls frosh/soph.
- Running event heats will be set according to entries received, with the fastest heat running first in all final events. Field event flights will be drawn randomly with each competitor receiving 3 attempts with no finals. Heat sheets will be posted to the CIF SF web page by Friday morning, [www.cifsf.org](http://www.cifsf.org). There will be a coaches' scratch meeting on the morning of the meet. Any Saturday morning revisions will be posted at the press box.

**EVENTS** Relays All Divisions: 4x100m, 4x400m, 4x800m, Distance Medley  
Open Running All Divisions: 65m H (BFS), 100m H (GV, GFS), 110m H (BV), 100m, 400m, 3200m  
Field Events All Divisions: High Jump, Long Jump, Triple Jump, Shot Put, Discus (maximum distance allowed 180 feet)

**TIME SCHEDULE** Tentative time schedule is available on the CIF SF website. We will stick to the time listed, however some adjustments may be necessary based on the field sizes. As entries are due Wednesday, 3/14, heat sheets will be posted Friday, 3/16 on the CIF SF website. At that time, a revised time schedule will also be posted if changes are necessary. **Check-in for your event and obtain hip numbers at the clerks table located near the scoreboard.**

**SCRATCH MEETING** Will be held at 8:00am at the press box. Teams with any last minute scratches must present them at this time.

**FACILITIES** Kezar Stadium, adjacent to the southeast corner of Golden Gate Park in San Francisco, includes an all weather track, jumping, and throwing facilities. Shot Put rings are located on the east end of the infield, with the high jump on the west end. Long Jump and Triple Jump areas are located on the north side of the track. The Discus cage is located to the west outside and adjacent to the stadium. Kezar Stadium includes seating for up to 10,000. For all running and jumping events, please limit your spikes to ¼” or less. Implement weigh-in will be held in front of the Press Box. Teams should enter the stadium at the west end. ALL spectators MUST enter at the east entrance on Frederick St. On street parking is available. An off street fee parking lot is located at the east end of the stadium (enter on Stanyan St.)

**ATHLETIC TRAINING** Athletic trainers from UCSF will be on hand.

**RESULTS** Results of each event will be posted as quickly as possible on the front of the press box. Complete results will be posted to the CIF SF web site, [www.cifsf.org](http://www.cifsf.org).

**MISCELLANEOUS** A hospitality area for coaches & officials will be located adjacent to the press box with food and drink.

**FOOD** A concession stand will be offering food and non-alcoholic beverages for sale.

**INFORMATION** For further information, please contact:  
Tim Jenkins, Lincoln HS Head Coach, 415-424-3437, [tljenkins@comcast.net](mailto:tljenkins@comcast.net) or  
Don Collins, SFS Commissioner, 415-920-5185, [dcollin@poet.sfusd.edu](mailto:dcollin@poet.sfusd.edu)