

Junipero Serra Top 7 Invitational

April 12, 2008

Junipero Serra High School will host the 20th annual Serra Top 7 Invitational track meet on Saturday, April 12, 2008. There will be Varsity and Frosh-Soph divisions for boys and Varsity and Junior Varsity divisions for girls (Girls must be in grades 9-11).

A few policies for athletes and coaches:

1. No food of any kind is allowed on the infield. This especially includes sunflower seeds
2. All team tents should be set up in the aluminum bleachers on the west side of the stadium.
3. Implement weigh-ins will take place from 7:50 a.m. until 8:45 a.m. inside the track storage building at the far end of the east side straightaway. Weigh-ins will again take place from 12:00 to 1:00 for later field events.
4. If you will be traveling by school or charter bus, please contact Coach Marheineke prior to the meet for parking and drop off instructions.
5. All running events will be final. Each athlete will receive 3 attempts in the shot, discus, long jump and triple jump with the top 7 athletes qualifying for finals and 3 more attempts.

Timing will be done by a FinishLynx fully automated system. Results will be posted during the meet and also available after the meet on the internet (www.serrahs.com, www.dyestatcal.com, www.lynbrooksports.com, www.directathletics.com). Medals will be awarded to the top *six* finishers in each individual event and top *three* teams in relay events for each division. Awards will also be given for the winning teams in each division.

The entry fee is \$5.00 per athlete per event and \$10.00 per relay team. The maximum fee is \$250.00 per school. Please make all checks payable to JUNIPERO SERRA HIGH SCHOOL.

All entries this year must be completed on www.directathletics.com. You will need to have a free account set up with direct athletics prior to entering athletes. ***Because this is an invitational, any teams not receiving this letter in the mail must contact Coach Marheineke prior to March 31 in order to be allowed to add athletes on Direct Athletics.*** Any questions should be directed to Direct Athletics or Coach Marheineke. All entries MUST BE ENTERED BY Monday, April 7. In keeping with the spirit and tradition of the Top 7, we encourage you to enter athletes of all levels. With that in mind, however, we ask that you are respectful of the need to keep heats and flights to appropriate amounts. ***No meet day entries will be accepted, INCLUDING SUBSTITUTIONS.*** All entry fees must be paid on or before the day of the meet. No refunds will be given for no-shows.

Heat sheets and an updated time schedule will be posted on our school athletics website, www.serrahs.com, then click on Athletics, by Friday April 11.

A snack bar will be open during the meet. T-shirts and programs will also be sold. Finish Line pictures will also be available at the finish line for \$5 each.

In the event that field event sizes become large, reasonable minimum marks and opening heights based on entry marks will be established in the interest of time.

Thank you and we look forward to seeing you on April 12!

Jim Marheineke, Head Track and Field Coach
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