# KING CITY LIONS AND YOUNG FARMERS TRACK AND FIELD INVIATIONAL

#### FAX ENTRY DEALINE – FRIDAY MARCH 23<sup>RD</sup> CHAGNON FAX 831 424 2501

The 64<sup>th</sup> King City Invitational Track Meet will be held March 31<sup>st</sup>, 2007. The stadium will be open at 8:00 A.M. The accompanying information is being sent at this time to give you an idea of the competition and the rules and regulationS that will be used in running the meet. Please read all instructions.

Entry blanks are included in this bulletin. Do Not Misplace Them! Enter no more than three athletes per event. The entry fee is \$4 per athlete per event and \$10 per relay team. Make the check Payable to King City Invitational and mail to King City Invitational, 720 Broadway, King City, CA 93930. Fax the entries to make the deadline. Make sure your entries are clearly written. In case of rainout, the meet will not be rescheduled due to conflicting dates. If you plan to attend please email Mike Raminez at gonraider@sbcglobal.net so we can better prepare for the meet.

In order to keep the meet within reasonable time and safety standards various entry standards have been established. Some are as follows:

- 1. All athletes must check in to their event(s) when told to do so. Please listen to the announcer. Runners report to the clerk of the course (usually near the shot put area).
- 2. Limit 3 athletes per school per event. No additions allowed.
- 3. Athletes can only compete in one division.
- 4. The meet management may under certain circumstances alter certain meet procedures for a more efficient meet.

There will be a free luncheon for coaches, King City officials, the King City work crew and helpers ONLY. Please do not bring athletes, parents, drivers, etc. A snack bar with hot and cold food and drinks will also be provided and various food places are nearby.

Sincerely, Mike Ramirez, Meet Director, Head Track Coach 831-760-2777 gonraider@sbcblobal.net

Jim Stireman - Assistant 831-214-3947 <u>stirejim@sbcglobal.net</u> Ken Kline - Athletic Director 831-385-5461 x 3245

TIME	RUNNING EVENT	TWE	FIELD EVENTS	
SOME	EVENTS ARE RUN OUT OF NORMAL ORDER	i diloi	ALL TIMES ARE APPROXIMATE	
21.2	TRIALS (Approximate)		FIELD EVENTS	
9:30	Varsity 110 Meter High Hurdles	9:30	Frosh Soph Triple Jump Trials	
9:45	Frosh Soph 65 Meter High Hurdles		Girls Long Jump Trials	
10:00	Girls 100 Meter High Hurdles		Frosh Soph Discus	
10:15	Varsity 100 Meters		Varsity Shot Put	
10:30	Girls 100 Meteres	9)19	Varsity Pole Vault	
10:45	Frosh Soph 100 Meters	- 31	Girls High Jump	
11:00	Varsity 200 Meters		A TOTAL PROPERTY NUMBER OF STREET	
11:15	Girls 200 Meters	10.45	Frosh Soph Triple Jump Finals (Top 7)	
11:30	Forsh Soph 200 Meters		Girls Long Jump Finals (Top 7)	
24-2	FINALS (Approximate)		Long Jump John Jo	
12:30	Varsity 110 Meter High Hurdles	11:00	Varsity Triple Jump	
12:35	Frosh Soph 65 Meter High Hurdles		Frosh Soph Long Jump	
12:40	Girls 100 Meter High Hurdles		Frosh Soph High Jump	
12:45	Varsity 400 Meter Relay		200 Meters Della Ba	
1:00	Girls 400 Meter Relay	12:30	Varsity Triple Jump Finals (Top 7)	
1:15	Frosh Soph 400 Meter Relay		Frosh Soph Long Jump Finals (Top 7)	
1:30	Varsity 1600 Meters		Girls Discus	
1:40	Girls 1600 Meters		Frosh Soph Shot Put	
2:00	Varsity 400 Meters		Frosh Soph Pole Vault	
2:10	Girls 400 Meters		One Attle Ruley Sunta To	
2:20	Frosh Soph 400 Meters	1:00	Varsity High Jump	
2:30	Varsity 100 Meters		Kg ShotPut Susan S	
2:35	Girls 100 Meters	2:00	Girls Triple Jump Trials	
2:40	Forsh Soph 100 Meters		Varsity Long Jump Trials	
2:45	Varsity 800 Meters		d solder community	
3:00	Girls 800 Meters	2:30	Varsity Discus	
3:15	Frosh Soph 800 Meters		Girls Shot Put	
3:25	Girls 300 Meter Hurdles		Girls Pole Vault	
3:40	Varsity 300 Meter Hurdles		COLUMN NOT A STATE OF THE COLUMN IN	
3:55	Frosh Soph 300 Meter Hurdles	3:30	Girls Triple Jump Finals (Top 7)	
4:10	Varsity 200 Meters		Varsity Long Jump Finals (Top 7)	
4:15	Girls 200 Meters		1630 Stoteys Dan Star	
4:20	Forsh Soph 200 Meters		32c9 Meters une Sofe	
4:25	Varsity 3200 Meters	1	490 Motor Relay Salinas Caorillo	
4:45	Girls 3200 Meters		One Mile Relay Cabrillo	
5:05	Frosh Soph 3200 Meters		d5 Metar High Hundles 3op Ger	
5:15	Frosh Soph Mile Relay		Yearn's Killing K.	
5:30	Girls Mile Relay	9	on have extended but to the	

### KING CITY INVITATIONAL

**Meet Entry Form** 

5. 1600	HURDLES METERS METERS	BOYS ENTRIES VARSITY BOYS ENTRIES VARSITY BOYS ENTRIES 25. 300 M HURDLES 49. LONG JUMP 29. 200 METERS 53. TRIPLE JUMP 33. 3200 57. HIGH JUMP 41. SHOT PUT 61. POLE VAULT 45. DISCUS				
3	) Print all entries in BLA( ) DEADLINE:	10AY 23 2	007_4	) Fax entries to:	831 424	- 2501
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Last Name	First Name	Event Mark	Event #	Mark Event	Mark Event	Mark
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YES NO	4 x 100 Relay Mile Relay	37	FRIDA	Y MARCH	23. 2007	<u> </u>

## KING CITY INVITATIONAL Meet Entry Form

6. 1600 10. 100 F 14. 400 F 18. 100 F 22. 800 F	HURDLES, METERS METERS	GIRL'S ENTRIES  26. 300 M HU  30. 200 METER  34. 3200  42. SHOT PUT  46. DISCUS	RDLES RS	50. LONG JUM 54. TRIPLE JUM 58. HIGH JUMF 62. POLE VAUL	AP AP D		
3	DEADLINE: M	ARCH 23 20		entries to: 831	424 4501		
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YES NO	4 x 100 Relay	2	FRIDAY	MARCH 23	2007		
YES NO	Mile Relay	38	821 2	24-2501	, —		

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Meet Entry Form
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FROSH/SOPH BOYS ENTRIES

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	METERS		TU9 TC			63. PO	LE VAULI		
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Instructions:	1) Print all entries in <b>BL</b> A 3) <b>DEADLINE:</b> MA	CH 23	Make c	copies of t	this sheet 4) <b>Fax e</b>	as neede	ed to inc	lude all e F24 2	ntries. 501
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<b>9-5-</b>									
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YES NO	4 x 100 Relay								
		3		Due March 23 FRIDAY					
YES NO	Mile Relay	39		831 424 2601 7007					