

KING CITY LIONS AND YOUNG FARMERS TRACK AND FIELD INVITATIONAL

**FAX ENTRY DEADLINE – FRIDAY MARCH 23RD
CHAGNON FAX 831 424 2501**

The 64th King City Invitational Track Meet will be held March 31st, 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 Ramirez 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@sbcglobal.net

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

KING CITY INVITATIONAL TIME SCHEDULE

1/10/2006

TIME	RUNNING EVENT	TIME	FIELD EVENTS
SOME EVENTS ARE RUN OUT OF NORMAL ORDER		ALL TIMES ARE APPROXIMATE	
	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 Meters		Varsity Pole Vault
10:45	Frosh Soph 100 Meters		Girls High Jump
11:00	Varsity 200 Meters		
11:15	Girls 200 Meters	10.45	Frosh Soph Triple Jump Finals (Top 7)
11:30	Frosh Soph 200 Meters		Girls Long Jump Finals (Top 7)
	FINALS (Approximate)		
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		
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		
2:20	Frosh Soph 400 Meters	1:00	Varsity High Jump
2:30	Varsity 100 Meters		
2:35	Girls 100 Meters	2:00	Girls Triple Jump Trials
2:40	Frosh Soph 100 Meters		Varsity Long Jump Trials
2:45	Varsity 800 Meters		
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		
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		
4:20	Frosh Soph 200 Meters		
4:25	Varsity 3200 Meters		
4:45	Girls 3200 Meters		
5:05	Frosh Soph 3200 Meters		
5:15	Frosh Soph Mile Relay		
5:30	Girls Mile Relay		

