

17th ANNUAL NORTH SALINAS
FROSH/SOPH & VARSITY
TRACK & FIELD INVITATIONAL
Saturday, April, 5, 2008

- DIVISIONS: Frosh/Soph Girls and Boys plus Varsity Boys and Girls.
- LOCATION: North Salinas High School
- DATE & TIME: Saturday, April, 5, 2008
Starting Time: 8:30 a.m.
- AWARDS: **Frosh/Soph Division:** (The Meet Emphasis will still be on the Frosh/Soph Athletes)
- Medals with neck ribbons to top six places!
- Medals to top 2 in each F/S trial race (100, 200, and ~~400~~ only)
- Team Trophy to Top Two Teams
- Individual Medal to ALL MEMBERS of Winning Team
- VARSITY DIVISION:**
- Medals with neck ribbons to top six places
- ENTRY LIMITS: Their will be no Frosh/Soph entry limits. Enter as many F/S athletes per event as you would like to enter (keeps our tradition). **VARSITY Entries are limited to 1 per event** (NO EXCEPTIONS...SORRY) and one relay team per relay event.
- ENTRY FEES: \$3.00 per individual per event entry and \$10.00 relay event entry
\$300.00 MAXIMUM TEAM PRICE
- Make Checks payable to: NORTH SALINAS
- ENTRY DEADLINE: All entries must be received by 8:00 p.m. on Sunday, March 30, 2008. All entries are to be entered through <http://www.athletic.net>
- SUBSTITUTIONS: Substitutions will be allowed. NO ADDITIONS ON RACE DAY PLEASE!

SPIKES: ¼ spikes or less only! This is a great facility; we MUST take care of it. ☺

CONCESSIONS: A concession stand will be available

COACH'S PACKET: A coaching Packet will be available upon arrival at the athlete's gate.

OPENING HEIGHTS: All jumping event opening heights will be determined after review of entries. *Probable* heights are F/S - BHJ 4'8, GHJ 3'10, BPV 8'0, GPV 6'0. *Probable Varsity Heights* are BHJ 5'2, GHJ 4'4, BPV 10', GPV 7'6

CLERK: All athletes must check in with the clerk of the course. Field events will check in at the event. High Jumpers and Pole Vaulters will enter the field through the southeast gate at the track. Throwers will check in with the throwing clerk outside the Northeast gate by the baseball bleachers.

WEIGH INS: All implements must be weighed in before the competitions. Scales will be open starting at 7:45 am and continuing at designated times throughout the day.

ELECTRONIC TIMING: It is our plan to continue our tradition of fully automatic timing of all events except the 800, 1600, and 3200 meter runs.

ENTRY FEE FORM

NAME OF SCHOOL _____

NUMBER OF ENTRIES X \$3.00 = _____

(EXAMPLE: Mario is entered in 2 events is 2 X \$3.00 = \$6.00 for Mario to compete in both events)

NUMBER OF RELAYS ENTERED x \$10.00 = _____

TOTAL ENTRY FEE = _____

\$300.00 Maximum

Make Checks payable to: North Salinas High School Track

NORTH SALINAS TRACK & FIELD

Alan Green (Meet Director)

831-796-7579(s), 831-449-2627(h)

agreen@salinas.k12.ca.us or xcnut@aol.com

ORDER OF EVENTS

3200 Meters – VB, VG (8:30 A.M)

RUNNING TRIALS: 9:15 A.M. START

100 Meters – BV, BF/S, GV, GF/S

High Hurdles – BV (110), BF/S (65), GV (100), GF/S (100)

200 Meters - BV, BF/S, GV, GF/S

RUNNING FINALS

4 x 100 Relay - BV, BF/S, GV, GF/S

1600 Meters - BV, BF/S, GV, GF/S

High Hurdles - BV, BF/S, GV, GF/S

400 Meters - BV, BF/S, GV, GF/S

100 Meters - BV, BF/S, GV, GF/S

800 Meters - BV, BF/S, GV, GF/S

300 IH - BV, BF/S, GV, GF/S

200 Meters - BV, BF/S, GV, GF/S

3200 Meters - BF/S, GF/S

4 X 400 Meters - BV, GV, BF/S, GF/S (note change of order)

FIELD EVENTS

8:45 = Pole Vault – GV, GF/S, BF/S, BV

9:00 = Long Jump - Pit 1 – BF/S, BV

- Pit 2 – GF/S, GV

9:00 = Shot Put – Pit 1 – GF/S, BF/S

- Pit 2 - GV, BV

9:00 = Discus – BF/S, GV, BV, GF/S

9:00 = High Jump – GV, GF/S, BF/S, BV

** Triple Jump to begin at conclusion of Long Jump. Pit 1 = BF/S, BV

Pit 2 = GF/S, GV