

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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Junipero Serra
Top 7 Invitational
April 12, 2008
Approximate Time Schedule

RUNNING EVENTS

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| 9:00 Girls JV 3200m | 1:45 Girls Varsity 800m
Girls JV 800m |
| 9:20 Girls Varsity 400m Relay
Girls JV 400m Relay
Boys Varsity 400m Relay
Boys F/S 400m Relay | Boys Varsity 800m
Boys F/S 800m |
| 9:45 Boys Varsity 1600m
Boys F/S 1600m | 2:45 Girls Varsity 300m Hurdles
Girls JV 300m Hurdles
Boys Varsity 300m Hurdles
Boys F/S 300m Hurdles |
| 10:20 Girls Varsity 100m Hurdles
Girls JV 100m Hurdles
Boys Varsity 110m HH
Boys F/S 65m HH | 3:30 Girls Varsity 200m
Girls JV 200m
Boys Varsity 200m
Boys F/S 200m |
| 11:20 Girls Varsity 1600m
Girls JV 1600m | 4:10 Girls Varsity 3200m
Boys Varsity 3200m |
| 12:00 Girls Varsity 400m
Girls JV 400m
Boys Varsity 400m
Boys F/S 400m | 4:45 Girls JV 1600m Relay
Girls Varsity 1600m Relay
Boys F/S 1600m Relay
Boys Varsity 1600m Relay |
| 12:45 Boys F/S 3200m | |
| 1:10 Girls Varsity 100m
Girls JV 100m
Boys Varsity 100m
Boys F/S 100m | |



How to Submit Entries - Track & Field

STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click [HERE](#). You will use the same account to enter all meets run through DirectAthletics.

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field **Team:** Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.