

# **38<sup>th</sup> Annual Southland Track & Field Invitational—Saturday, April 11<sup>th</sup>—Hemet HS**

Entries will be done on line at [www.episports.com](http://www.episports.com). The deadline for entries is Friday, April 3<sup>rd</sup> at 12:00 PM.

Athletes, coaches and team managers will be admitted to the stadium through the southeast gate. All others must purchase a ticket at the east end of the stadium.

3/16 inch needle or pyramid spikes or smaller are allowed on our track. Spikes will be checked at the athletes' entrance. Spikes will be on available for purchase at the athlete's gate.

There will be a coaches meeting at 7:30 in the coaches hospitality room by the snack bar.

The shot put and discus rings are on the south side of the high school and not located within the stadium. This is due to construction and will be remedied by next season. Please plan accordingly with your athletes and their events. Time limits will be enforced. We will try to work with you if it is a problem.

Entry fees must be received prior to competition. You will not receive your awards unless payment has been received no later than the day of the meet.

Scoring is 10-8-6-4-2-1. Medals are given 1<sup>st</sup> thru 5<sup>th</sup> place. Please declare your relay athletes names prior to the start of the meet since we are giving a high point performer of the meet for both boys and girls at the conclusion of the meet. The top three teams receive plaques.

Teams can set up canopies on the top row only (not in front of the press box) on both visitor and home bleachers.

Warm-ups will take place on the infield and the north parking lot behind the stadium.

Clerk of the Course will make three calls for the event. By the second call (approximately 15 minutes prior to the start of the event), all athletes in that event should be in the staging area at the southwest end of the track. For field events, athletes should report to the event 20 minutes prior to the start of the event. An approximate meet schedule will be issued at the coaches meeting. We will move the meet along as quickly as possible.

If you have any questions, please call or e-mail.

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