

# ROADRUNNER TRACK & FIELD

DEAR HIGH SCHOOL TRACK COACH:

**Saturday, February 21, 2009** is the date of the annual **LEE ADAMS/CSUB OPEN TRACK AND FIELD MEET** at California State University, Bakersfield. We would like to extend an invitation to you and some of your outstanding athletes to enter this year's meet.

**If not enough entries are received to field a particular event, that event will not be held.**

HOWEVER, your athlete(s) CAN ENTER ANY EVENT(s) of competition offered. We are changing the format this year and moving to more normal outdoor events. Sprints will be photo-timed.

They will be awarded T-shirts, based on their finish *AGAINST OTHER HIGH SCHOOL* student-athletes. When entering, please have them indicate the name of their high school or high school club team next to their name.

Enclosed is a general information sheet, along with a time schedule and general entry forms for both boys and girls.

**ENTRY FEE: \$8 per person**

**ENTRY DEADLINE: February 16, 2009**

Sincerely,

Robert Boyles, Assistant Coach  
Men's and Women's Track & Field

rb

LEE ADAMS/CSUB OPEN TRACK AND FIELD MEET  
SATURDAY, FEBRUARY 21, 2009  
BOYS AND GIRLS HIGH SCHOOL/ CLUB ENTRY FORM

SCHOOL: \_\_\_\_\_ PHONE: ( )

HEAD COACH: \_\_\_\_\_

TOTAL NUMBER OF ATHLETES: \_\_\_\_\_ YES, WE PLAN TO ATTEND: \_\_\_\_\_ NO, WE WILL BE UNABLE TO ATTEND: \_\_\_\_\_

TEAM ROSTER

- |           |           |
|-----------|-----------|
| 1. _____  | 16. _____ |
| 2. _____  | 17. _____ |
| 3. _____  | 18. _____ |
| 4. _____  | 19. _____ |
| 5. _____  | 20. _____ |
| 6. _____  | 21. _____ |
| 7. _____  | 22. _____ |
| 8. _____  | 23. _____ |
| 9. _____  | 24. _____ |
| 10. _____ | 25. _____ |
| 11. _____ | 26. _____ |
| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |

NUMBER OF ATHLETES: \_\_\_\_\_ X \$8.00/ATHLETES - \$ \_\_\_\_\_

MAKE CHECK PAYABLE TO: **CSUB TRACK AND FIELD**

MAIL TO: ROBERT BOYLES, MEET DIRECTOR  
CSUB TRACK & FIELD OFFICE  
9001 STOCKDALE HIGHWAY  
BAKERSFIELD, CA 93311-1099

Phone: (661) 654-2347/3476  
Fax: (661) 654-2376  
E-Mail: rboyles@csubak.edu

**Entries should be received no later than February 16, 2009. If entries are not received by this date, the meet management cannot guarantee your participation in this meet. Meet will be conducted rain or shine!**

ANY ENTRY RECEIVED AFTER THE DUE DATE  
WILL BE ASSESSED A LATE FEE OF \$15 PER ATHLETE  
HOME OF THE NCAA 1998 DIVISION II SEAR'S DIRECTORS' CUP

# LEE ADAMS/CSUB OPEN TRACK AND FIELD MEET

SATURDAY, FEBRUARY 21, 2009

## INFORMATION SHEET

**WARM-UP AREA:** Please warm up on the grass area between the track and fence. ONLY 1/4" SPIKES WILL BE ALLOWED. The starter and judges will check spike length

**REPORTING TIME:** Please report to your event by THE SECOND CALL - or 10 MINUTES before starting time. Your cooperation will be appreciated.

**STARTING HEIGHTS - High Jump/:**

To be determined at the site.

**POLE VAULT:** DUE TO CIRCUMSTANCES BEYOND OUR CONTROL, WE DO NOT HAVE A POLE VAULT FACILITY THIS YEAR.

**NUMBER OF JUMPS/THROWS:** In the DISCUS, SHOT, HAMMER, LONG & TRIPLE JUMPS, each competitor will be allowed a total of FOUR (4) attempts. The **one-minute rule** will apply.

Competitors in the FIELD EVENTS will NOT be allowed any attempts, after the last competitor in the last flight has completed his/her throws/jumps. **NO EXCEPTIONS!**

Extremely large numbers in the field events could result in instituting a "qualifying" line, in which competitors would have to throw/jump past this mark to be measured. Meet management will view the entries, before making the final decision.

**JAVELIN:** We will have two (2) Javelin throwing areas. WOMEN will throw on the south field; MEN will throw within the track infield. The Javelin runways are grass.

**FALSE START RULE:** A false start will and must eliminate that individual and his/her relay team from the race.

**AWARDS:** Quality T-shirts will be awarded to the first-place team in each relay section. In the field events, first place will receive a T-shirt. You may claim your T-shirt thirty (30) minutes AFTER the event has been announced.

**SHOWER FACILITIES:** Will be available, but each SCHOOL/INDIVIDUAL must provide its/his/her OWN TOWELS and SECURITY for its/his/her VALUABLES.

**PARKING:** Buses can park in the parking lot NORTH of the track. NO PARKING DIRECTLY IN FRONT of the track (west side).

The time schedule is based on entries received and we will try to keep on schedule, as much as possible. YOUR COOPERATION AND UNDERSTANDING WILL BE APPRECIATED.

**NOTE:** All SCRATCHES will be made to the Clerk of the Course or at the field event.  
***ADDITIONS will be added, only if space is available.***

# RULES OF COMPETITION

## SPRINT MEDLEY RELAY 200-200-400-800

Two-turn stagger: #1 and #2 runners will be in lanes. Exchange zones are clearly marked. The 400 runner can break for the pole.

## DISTANCE MEDLEY RELAY 800-400-1200-1600

## 4X400 RELAY - 2 TURN STAGGER

First runner in lanes all the way. Second runner, after receiving the baton, may break for the inside lane, PROVIDED he/she does not interfere with another runner.

\* \* \* \*

## ATTENTION ALL COACHES AND ATHLETES

You MUST have your HAND STAMPED at the gate.

If your hand is NOT STAMPED, you will NOT be allowed to re-enter the gate without paying.

\* \* \* \* \* \* \* \* \* \*

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TENTATIVE TIME SCHEDULE  
**RUNNING AND FIELD EVENTS**  
**RUNNING EVENTS**

**Event #**

1	9:45 A.M.	100 METER HURDLES – WOMEN/GIRLS
2	9:55 A.M.	110 METER HURDLES – MEN/BOYS
3.	10:05 A.M.	5,000 METERS – MEN/BOYS
4.	10:35 A.M.	4 X 100 METER RELAY – WOMEN/GIRLS
5.	10:40 A.M.	4 X 100 METER RELAY – MEN/BOYS
6.	10:45 A.M.	5,000 METERS – WOMEN/GIRLS
7.	11:15 A.M.	SPRINT MEDLEY RELAY – MEN/BOYS (200-200-400-800)
8.	11:25 A.M.	SPRINT MEDLEY RELAY – WOMEN/GIRLS (200-200-400-800)
9.	11:35 A.M.	400 METERS – MEN/BOYS
10.	11:50 A.M.	400 METERS – WOMEN/GIRLS
11.	12:00 NOON	100 METERS – MEN/BOYS
12.	12:25 P.M.	100 METERS – WOMEN/GIRLS
13.	12:40 P.M.	DISTANCE MEDLEY RELAY – WOMEN/GIRLS (800-400-1200-1600)
14.	1:00 P.M.	DISTANCE MEDLEY RELAY – MEN/BOYS (800-400-1200-1600)
15.	1:15 P.M.	4 X 200 METER RELAY- WOMEN/GIRLS
16.	1:25 P.M.	4 X 200 METER RELAY – MEN/BOYS
(RUNNING EVENTS CONTINUED)		
17.	1:40 P.M.	300 METER HURDLES – WOMEN/GIRLS
18.	1:55 P.M.	300 METER HURDLES – MEN/BOYS
19.	2:10 P.M.	200 METERS – MEN/BOYS
20.	2:50 P.M.	200 METERS – WOMEN/GIRLS
21.	3:10 P.M.	1600 METERS – WOMEN/GIRLS
22.	3:25 P.M.	1600 METERS – MEN/BOYS
23.	3:35 P.M.	4 X 400 METER RELAY – WOMEN/GIRLS
24.	3:45 P.M.	4 X 400 METER RELAY – MEN/BOYS

\*\*\*\*\* SECTIONS WILL BE ADDED, DEPENDING ON ENTRIES \*\*\*\*\*

## **FIELD EVENTS**

- 9:00 A.M. HAMMER THROW – WOMEN/GIRLS  
MEN/BOYS TO FOLLOW
- 10:00 A.M. DISCUS – WOMEN/GIRLS  
LONG JUMP – WOMEN/GIRLS
- 11:00 A.M. HIGH JUMP – WOMEN/GIRLS
- 11:15 A.M. SHOT PUT – MEN/BOYS
- 11:30 A.M. LONG JUMP – MEN/BOYS
- 12:00 P.M. JAVELIN – WOMEN/GIRLS (MAIN FIELD)
- 12:30 P.M. JAVELIN – MEN/BOYS (MAIN FIELD)
- 1:00 P.M. MEN/BOY'S HIGH JUMP
- 1:45 p.m. SHOT PUT – WOMEN/GIRLS  
FOLLOWED BY  
20 LB WEIGHT THROW  
FOLLOWED BY  
35 LB WEIGHT THROW
- 2:00 P.M. TRIPLE JUMP – MEN/BOYS  
(WOMEN/GIRL TO  
FOLLOW)  
DISCUS – MEN/BOYS