

(Entry Deadline: 4/11/10)



1st Annual SMHS BEARCATS INVITATIONAL



Saturday, April 17, 2010

You are invited to join us for SMHS Bearcat Invitational held at San Mateo High School located at 506 N. Delaware Street in San Mateo, California, featuring our all-weather 8 lane track and runways on Saturday, April 17, 2010. Start time is 8:30 a.m.

GENERAL MEET INFORMATION:

- 4 Divisions: F/S Girls, F/S Boys, Varsity Girls and Varsity Boys
- Finish Lynx timing system on the finish line
- Lane assignments will be seeded by best times and marks (Slow to Fast Heats)
- An athlete may not compete in both Varsity and Frosh/Soph events
- Limit 3 athletes per team for Long Jumps with 3 attempts
- Time allowance of up to 1 hour will be given to Field Event athletes with conflicting running events
- Limit 2 teams per relay per school
- Athletic Trainer will be on-site
- Meet will be held rain or shine
- Sports Vendors on site; concessions, programs, and T-shirts available for sale
- Admission: Adult \$5 Students \$2

AWARDS:

- Awards to top 6 places for individual events; 3 deep for relays

ENTRY FEES & DEADLINE:

- Entries must be entered on www.directathletics.com; deadline is 11:59 p.m. **Sunday, April 11, 2010**
- Individuals: \$6 per person per event; Relays: \$20 per team entered
- Maximum Fee \$400 per team
- No refunds for no-show at meet, or athletes scratched after entry deadline
- Coaches can check posted entries and entry fees on Tuesday, April 13th on www.lynbrooksports.com
- Entry fees must be received no later than day of the meet

SCRATCHES:

To scratch an athlete before the entry deadline, contact Direct Athletics. For scratches after deadline, please report to "Check-In" tables upon arrival on meet day.

PAYMENT:

Make checks payable to: **SMHS Track & Field**. Send the entry receipt from Direct Athletics website and fees to: San Mateo High School, Attn: Ed Riley, Head Coach Track & Field, 506 N. Delaware Street, San Mateo, CA 94401

SCHEDULE:

- First event will start at 8:30 a.m.
- In running events, a rolling time schedule will be in effect after the first gunshot (runners can check in anytime up to 30 minutes prior to start of their event, or they will be scratched)
- All Field Event athletes must check-in with Event Official directly at their event site 30 minutes prior to start of their event

MEET DIRECTOR

Ed Riley , Head Coach

Email: tcoach@speakeasy.net
766-7541

Contact number: (650)

Thank you for your Support!

FIELD EVENTS

TRACK EVENTS (rolling schedule starts 9 a.m.)

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|--------------------|-------------------------|
| 8:30 a.m. | • 100m LH- VG |
| • F/S G High Jump | • 100m LH- F/S G |
| • F/S G Shot Put | • 100m LH- VB |
| • VB Discus | • 100m LH- F/S B |
| • VB Long Jump | • 3200m-F/S B |
| • F/S G Pole Vault | • 4 x 100m Relay- VG |
| 10:30 a.m. | • 4 x 100m Relay-VB |
| • F/S B High Jump | • 4 x 100m Relay- F/S G |
| • F/S B Shot Put | • 4 x 100m Relay-F/S B |
| • VG Discus | • 3200m- VG |
| • VG Long Jump | • 400m-VG |
| • VG Pole Vault | • 400m-VB |
| 12:30 p.m. | • 400m-F/S G |
| • VG High Jump | • 400m-F/S B |
| • VG Shot Put | • 3200m- F/S G |
| • F/S B Discus | • Break/Special Event |
| • F/S G Long Jump | • 3200m-VB |
| • F/S B Pole Vault | • 100m-VG |
| 2:30 p.m. | • 100m-VB |
| • VB High Jump | • 100m-F/S G |
| • VB Shot Put | • 100m-F/S B |
| • F/S G Discus | • 800m-VG |
| • F/S B Long Jump | • 800m-VB |
| • VB Pole Vault | • 800m-F/S G |

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| | <ul style="list-style-type: none"> • 800m-F/S B |
| | <ul style="list-style-type: none"> • 330 IH-VG |
| | <ul style="list-style-type: none"> • 330 IH-F/S G |
| | <ul style="list-style-type: none"> • 330 IH-VB |
| | <ul style="list-style-type: none"> • 330 IH-F/S B |
| | <ul style="list-style-type: none"> • 200m-VG |
| | <ul style="list-style-type: none"> • 200m-VB |
| | <ul style="list-style-type: none"> • 200m-F/S G |
| | <ul style="list-style-type: none"> • 200m-F/S B |
| | <ul style="list-style-type: none"> • 1600m-VG |
| | <ul style="list-style-type: none"> • 1600m-VB |
| | <ul style="list-style-type: none"> • 1600m-F/S G |
| | <ul style="list-style-type: none"> • 1600m-F/S B |
| | <ul style="list-style-type: none"> • 4 x 400m Relay-F/S G |
| | <ul style="list-style-type: none"> • 4 x 400m Relay-F/S B |
| | <ul style="list-style-type: none"> • 4 x 400m Relay-VG |
| | <ul style="list-style-type: none"> • 4 x 400m Relay-VB |