

HERB WYRE INVITATIONAL

Palmdale High School Host

Dear Coach,

Palmdale High School is proud to host the **19th Annual Herb Wyre Invitational** on **Saturday, March 6th, 2010** at **Antelope Valley College**. This meet will be held rain or shine. Antelope Valley College's track is a Mondo Super X Performance facility. The surface has just been completed, and the Herb Wyre Invitational will be the first official High School meet on this facility. Please contact Jeff Williams (athletic director for Palmdale H.S.) via E-mail jwilliams@avhsd.org or at Palmdale High School (661) 273-3181, ext. 585, for more information.

Divisions: There will be two divisions this year: **Varsity and Junior Varsity**

Awards: Top three finishers in each event overall.

Entry Information:

Entry Fees: \$350. for both boys and girls teams. \$200. boys only, or \$200. girls only..

Checks payable to Palmdale Track & Cross Country Club

Late fee of \$50.00 cash will be charged if not paid by the day of the meet.

Spectators \$5, Children \$2, 4 and under Free.

Contract is due by February 6, 2010.

All entries are to be entered on **directathletics.com** Direct Athletics will open on February 22, noon, and close on Feb. 28, at 5 p.m.

Events: RELAYS: 4x100, 4x800, 4x400, Distance Medley (*1200, 400, 800, 1600*), Sprint Medley (*100, 100, 200, 400*)

RUNNING EVENTS: 100-1 athlete per school. 1500-2 athletes per school. Steeplechase-2 athletes per school. 3000-unlimited entries

FIELD EVENTS: Shot put, Discus, Triple Jump, Long Jump, High Jump, Pole Vault (4 attempts, no finals) (3 athletes per event, unlimited J.V. entries)

To help speed to meet up there are 2 LJ/TJ pits, 2 HJ Pits, 2 PV runways and 2 SP rings.

Time: All events start at 9:00 A.M. Meet should end by 3:45.

Concessions, tee shirts, and spikes will be available for purchase.

Spikes required are 3/16 pyramid.

NEEDLE SPIKES WILL NOT BE ALLOWED

All athletes will have their shoes checked at the entrance, at the clerk's table and the starting line.