

*“The Sacramento
High School
Track & Field Classic”*

6th ANNUAL

Sponsored by Jesuit High School

Saturday - March 6, 2010

Folsom High School

Host site of: The Golden West Invitational

MEET: The Sacramento High School Track Classic sponsored by Jesuit High School

DATE: Saturday, March 6, 2010

WHERE: Folsom High School
Host Site of The Golden West Invitational

WARM-UP AREA: **All general warm-ups must be conducted within the designated infield area.**

EVENT CHECK-IN: All running event/relay teams must check-in with the clerk of the course 30 minutes prior to the event. Field event competitors will check-in at the respective event site at least 45 minutes prior to event.

TIMING: Fully automatic timing with Finish Lynx.

ADMISSION: Adults \$5.00, Youth (ages 2-17) \$3.00.

EVENTS: See event schedule on last page of this document. Two Divisions available: Boys / Girls. Athletes of any grade may be entered.

ENTRIES: Entries will be submitted through the athletic.net website. **Only schools that have been confirmed by the meet director will be allowed to enter and compete! Contact Tom McGuire at mcguiret@jhssac.org immediately if your program is interested in participating.** We are limiting the number of schools to approximately 25.

* For confirmed teams that do not already have an Athletic.net account please visit the following link: <http://www.Athletic.net/Wizard/>.

ENTRY DEADLINES: Entry Deadline is **Tuesday, March 2** at 11:59pm (midnight). No new entries or changes will be accepted after this time. No changes or additions will be accepted the day of the meet.

ENTRY FEES: \$200.00 per school / \$100 for single gender teams. Please email mcguiret@jhssac.org at for entries of less than 10 athletes per gender. **ENTRY FEES ARE DUE ON OR BEFORE THE MEET.** Fees that are not paid on time will forfeit their participation in the meet. If you are mailing your payment, postmark by March 1, otherwise use overnight delivery. **Mailed entry fees must be received by March 5! NO EXCEPTIONS!** Make checks payable to: **JESUIT HIGH SCHOOL.**

MAIL TO: Jesuit High School
Attn: Tom McGuire, Track and Field
1200 Jacob Lane
Carmichael, CA 95608

AWARDS: The first three teams in each relay event will receive medals. Top 3 individuals in open races and field events will also medal. **Awards should be picked up after the meet by a designated coach from each school. Awards will not be mailed!**

RULES: This meet will be governed by California High School Rules. This is a non-scored meet.

TEAM PACKETS: Team Packets should be picked up starting at 8:00am at the Stadium Main Entrance. Entry fees must be paid to receive your team packets. **Athlete and Coach's wristbands will be included in the meet packet.** Hip numbers will be issued at clerk's tent for all running events.

WEIGH INS: Weigh-ins will be conducted between 8:00am to 10:30am.

MINIMUM MARKS: Each athlete will have their first legal mark measured. Any mark thereafter needs to meet the minimum distance to be measured.

	<u>LJ</u>	<u>TJ</u>	<u>SP</u>	<u>DT</u>
BOYS	18' 0"	37' 0"	39' 0"	115' 0"
GIRLS	13' 6"	26' 0"	28' 0"	75' 0"

FIELD EVENTS: Each athlete will be allowed 4 attempts.

RESULTS: Results will be posted during the meet. Complete results will be available online at www.redcaptiming.com and submitted to DyestatCal.com, and Athletic.net.

TEAM TENTS: Team tents will only be allowed in the **East grandstand above row 10 only**. NO tents in the West grandstand please.

PARKING: Team parking will be permitted in the lot north of the stadium. Spectators will be charged a parking fee of \$5 per vehicle. (Team Buses excepted)

RESTROOMS: Restrooms will be available. Locker room facilities will NOT be available. NO showers available.

CONCESSIONS: Will be available.

TIME SCHEDULE: Heats and flights will be posted on www.redcaptiming.com no later than Friday, March 5 by noon. Calls for the field events will be made on stadium PA system.

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March 6, 2010**

Time:	Order of events:	Gender	Entry Limit
9:45am	4 x 100m Relay	Girls	1
	4 x 100m Relay	Boys	1
	1500m	Girls	4
	1500m	Boys	4
	100mh	Girls	3
	110mh	Boys	3
	400m	Girls	3
	400m	Boys	3
	100m	Girls	3
	100m	Boys	3
	800m	Girls	4
	800m	Boys	4
	300mh	Girls	3
	300mh	Boys	3
	200m	Girls	3
	200m	Boys	3
	3000m	Girls	4
	3000m	Boys	4
	Casey Griffin 4 x 400m Relay	Girls	1
	Casey Griffin 4 x 400m Relay	Boys	1

Start Time:	Order of events:	Gender	Entry Limit
9:45am	Pole Vault	Girls	3
	Pole Vault	Boys - 45 min. after girls pole vault	3
10:00am	Shot Put	Girls	3
	Discus	Boys	3
10:30am	Long Jump *	Girls & Boys	3
11:00am	High Jump	Girls	3
	High Jump	Boys – 30 min. after the girls HJ	3
30min after completion of the previous throwing event	Discus	Girls	3
	Shot Put	Boys	3
45min after completion of the long jump	Triple Jump *	Girls & Boys	3

- The long jump and triple jump will be conducted in an open pit format. However, depending on the wind conditions the morning of the meet, they may be contested in one or two pits. If time constraints warrant the genders may also be contested together.