

Skyline Invitational

Location: Skyline High School
12250 Skyline Blvd.
Oakland, CA 94619

Date: March 6, 2010

Time: Field Events – 8:00am
Running Events – 10:30am

The meet will take place Rain or Shine!

The first running event will begin precisely 10:30am. The first field event will begin precisely at 8:00 am. All events will start with the girls and followed by the boys. The field events will have 3 attempts only.

RUNNING EVENTS

4x100
1600M
110H/100H
400M
100M
800M
800M Sprint Medley
300H
200M
3200M
4X400M
Distance Medley

FIELD EVENTS

Long Jump
High Jump
Triple Jump
Shot Put
Discus

ADMISSION: \$7 for adults

\$4 for students (with school ID)

REGISTRATION: Registration should be completed at <http://ezmeets.com>. The **deadline for**

athlete entries is midnight, Saturday, February 27th.

There will be No Day of Meet Registration!

Any changes or additions made after the February 27th deadline will incur an additional \$20 fee.

Any questions or problems with your registration, please contact Aliya Dibrell at

adibrell@pacbell.net or (510) 220-4721

ENTRY FEES:

Individual Per Event	\$5
Individual Relay	\$20
Boys Team	\$150
Girls Team	\$150

Please make checks payable to:

Skyline High School Track & Field.

360 Grand Ave Suite 73

Oakland, CA 94610

Payments **must** be postmarked by **February 27th, 2010**. There will be no refunds.

No participation without full payment!!!!!!

CHECK IN: There will be a 1st, 2nd, and Final Call for all events (running and field).

All participants **MUST** check in with the clerk of the course by the Final Call. Any athlete not checked in by the Final Call, will be scratched from the event.

COACHES MEETING: The Coaches meeting will begin promptly at 9:00am on the field.

Every team will need to send one spokesperson for their team for day of meet scratches.

SUPPLEMENTARY INFORMATION: Parking will be available on school grounds.

Please use 3/16 inch spikes (or smaller).

If there are any questions or concerns feel free to call:

Coach Jamal Cooks @ (510) 708-0344 or email jamalcooks@aol.com.