

Bishop Amat Invitational Relays

Saturday, March 13, 2010 Citrus College, Glendora



FORMAT: A full complement of sprint relays and distance relays as well as hurdles, distances and a full schedule of field events. All events will be placed in graded heats to assure that all athletes be afforded every advantage to medal. Finishlynx timing. **BRING THE WHOLE TEAM!**

AWARDS:

Individual Running Events: Medals thru top 5 in each heat.

Relays: Medals thru 3rd place per heat.

Field Events: Medals thru 5th per flight.

Team Awards: Very large trophies for boys teams 1st thru 3rd place & Very large trophies for girls teams 1st thru 3rd place

SCHEDULE: Field and running events begin at 8:00 am. See event listing below (4:30 is estimated time of completion).
EIGHTEEN TEAM LIMIT TO GUARANTEE TIMELY COMPLETION OF MEET!

COST: \$225 per team. If entering boys and girls teams cost is \$400.
\$17 per person per event if no team entry.

ENTRIES: Deadline is February 28th. Meet entries may be made at EPlsports.com

Accurate entries are appreciated and will be used to grade heats/ flights. Substitutions will be accommodated at the Clerk of The Course from 7:00 to 8:00 am on the day of the race as available. Additions and deletions will be accommodated on a first come-first served basis during the meet at the clerk of the course.

ANNOUNCER: Gary Brooks !!! Please submit information about key individuals and relays. We want All-League, All-CIF etc., information about multi-sport athletes as well.

MEET DIRECTOR: Danny Lodolo

dlodolo@bishopamat.org

626.962.2495 x5835

EVENTS:

Individual Events

100m (GV/ BV)

100m/ 110m Highs (GV/ BV)

Shot put (all levels)

Discus (all levels)

High Jump (all levels)

Long Jump (all levels)

Triple Jump (all levels)

1600m (GV/BV)

3200m (GV/ BV)

Relays

4 x 100 (all levels)

4 x 200 (all levels)

4 x 400 (all levels)

4 x 800 (all levels)

Sprint Medley (all levels)
 Distance Medley (all levels)

Order of Field Events

8:30 Women's Shot Put (Men to Follow) West Ring
 8:30 Men's Discus (Woment to Follow) Infield Ring
 8:30 Women's PV Starting Height: 7'-0" South Field
 8:30 Men's PV Starting Height: 9'-6" South Field
 8:30 Women's LJ* (Min FS measure =10'/Varsity 12') South Field
 8:30 Men's Long Jump (Min FS measure =12'/ Varsity 14') South Field
 8:30 Women's High Jump Starting Height 3'-10" Infield- South
 8:30 Men's High Jump Starting height 4' -10" Infield- South
 1:45 Women's 3ple Jump Closes @ 4:30 South Field
 1:45 Men's 3ple Jump Closes @ 4:30 South Field

Note:

A one minute rule exists and will be enforced for all field events. It is the athlete's responsibility to report to all events at the proper times in order to compete. An open pit is sometimes a big responsibility this time of the year. The time frames seem huge in gross hours but if everyone waits to jump at the end, the lines get long....)

The HJ and PV bar will not be lowered once they are at a new height. It is critical that your athletes are aware of this prior to missing an attempt or entry height.

Time	Track Event	Type	Event Field Event	Qualifying Mark
7:30	Girls Varsity 3200 Meters	Distance	Long Jump (2 pits) 3 jumps	
	Boys Varsity 3200 Meters	Distance	Pit #1 GV	
	Girls Frosh/Soph 4x200	Sprint	GFS after GV	
	Boys Frosh/Soph 4x200	Sprint	Pit #2 BV	
	Girls Varsity 4x200	Sprint	BFS after BV	
	Boys Varsity 4x200	Sprint		
	Girls Frosh/Soph 4x800	Distance	Triple Jump (2 pits) 3 jumps	
	Boys Frosh/Soph 4x800	Distance	Pit #1 GV	
	Girls Varsity 4x800	Distance	GFS after GV	
	Boys Varsity 4x800	Distance	Pit #2 BV	
	Girls Frosh/Soph 4x100	Sprint	BFS after BV	
	Boys Frosh/Soph 4x100	Sprint		
	Girls Varsity 4x100	Sprint	High Jump 9:00 3 attempts	
	Boys Varsity 4x100	Sprint	BFS(5-2),BV(5-6),GV(4-4),GFS(4-0)	
	Girls Frosh/Soph Sprint Med (1-1-2-4)	Sprint	(harder by level)	
	Boys Frosh/Soph Sprint Med (2-2-4-8)	Sprint	Pole Vault 9:00 3 attempts	
	Girls Varsity Sprint Med (1-1-2-4)	Sprint	GFS	6'-0"
	Boys Varsity Sprint Med (2-2-4-8)	Sprint	GV	7'-0"
	Boys Varsity 1600 Meters	Distance	BV	10'-0"
	Girls Varsity 1600 Meters	Distance	BV to follow BFS	8'-0"
	Girls Varsity 100 Hurdles	Sprint		
	Boys Varsity 110 Hurdles	Sprint	Shot Put 9:00 3 attempts	
	Girls Varsity 100 on track #1	Sprint	BFS	
	Girls Frosh/Soph 100 on track #2	Sprint	GFS	
	Boys Varsity 100 on track #1	Sprint	BV	
	Bosy Frosh/Soph 100 on track #2	Sprint	GV	
	Girls Frosh/Soph DMR (12-4-8-16)	Distance		
	Boys Frosh/Soph DMR (12-4-8-16)	Distance		

Girls Varsity DMR (12-4-8-16)	Distance	
Boys Varsity DMR (12-4-8-16)	Distance	Discus 9:00 3 attempts
Girls Frosh/Soph 4x400	Sprint	GFS
Boys Frosh/Soph 4x400	Sprint	BFS
Girls Varsity 4x400	Sprint	GV
Boys Varsity 4x400	Sprint	BV
Team Awards		

* DYESTATCAL.COM **FEATURED MEET !!!**