

Dear Coach,

We hope you choose to join us for the Memorial Track and Field Invitational. Your team will love competing here. We have a nine lane polyurethane all-weather surface. Also, we have two triple jump and two long jump pits as well as two pole vault aprons. Winds for the jumps and the discus are usually optimum for performance. Timing will be fully automated and results will be posted on line at Phototiming.com. The best looking medals on the Central coast will be awarded to the first three places. Your athletes will love competing here.

Please read the following information and if you have any questions please call me at school (805-462-4311) or cell (805-674-6662). The meet will be held on **Saturday, March 20, 2010**, and we will need all entries inputted into Runnercard.com by **noon on Friday, March 19, 2010**.

WHEN: Saturday, March 20, 2010 (any changes will be announced)
8:00am changes and substitutions (no additions)
9:00am field events begin; pole vault begins at 11:00am (see schedule)
9:30am track events begin (see schedule)
Athletes should check-in 30 minutes prior to their event(s).

WHERE: Atascadero High School Memorial Stadium
Busses should park in lower front parking area, which can be accessed from the Traffic Way off-ramp (see map).

HOW: Entries must be entered on Runnercard.com by noon on Friday, March 19, 2010.

Changes and substitutions (**no additions**) will be allowed the morning of the meet starting at 8:00 am. Each team may enter three (**3**) athletes per event; an athlete may enter a maximum of four (**4**) events, including relays. Each school may enter only one (**1**) team in each relay.

Entry Fees: Make check payable to “*Atascadero High School*”
\$3.00 per athlete per event, excluding relays
\$5.00 per relay team for each relay entered

DIVISIONS: Boys Varsity and Girls Varsity

FACILITIES: Nine-lane all weather track, runway and apron surfaces.
3/16 in. (5mm) needle spikes required. Spikes will be checked at check-in and staging areas. Concession facilities will be open. If you bring your own food and drink, please no glass containers. Please no food or drink on the track or infield. Garbage cans will be conveniently located. Restroom facilities will be open at track level next to the “Top Dog” snack bar.

AWARDS: Medals will be awarded to the top three finishers in each event. Medals will be presented on the infield at the conclusion of each event.

RULES AND REGULATIONS:

All field event participants will be given three (**3**) attempts.
No false starts will be allowed.
No glass containers allowed in the stadium. **No food on the infield/track area.**
Coaches and athletes are to stay off the infield at all times unless called for.
Track athletes can warm-up on the softball field above the stadium (see map).
No amplified music is allowed.

Athletes will be scratched if they are not checked in by the "third" call.
 Field event participants can warm up at their venue for one (1) hour prior to the beginning of their event (see schedule).
 All applicable CIF regulations shall be enforced.

MEMORIAL MEET
SCHEDULE OF EVENTS
(times subject to change, upon notification)
RUNNING EVENTS

9:30 Boys 3200 run (1 heat)
 Girls 3200 run (1 heat)
 110 hurdles
 100 hurdles
 Boys 4X200 relay
 Girls 4X200 relay
 Boys 4X800 relay
 Girls 4x800 relay
 Boys 100m dash
 Girls 100m dash
 Boys 400m dash
 Girls 400m dash
LUNCH BREAK
 Boys 300 int. hurdles
 Girls 300 low hurdles
 Boys 4X100 relay
 Girls 4X100 relay
 Boys 800m run
 Girls 800m run
 Boys 200m dash
 Girls 200m dash
 Boys 1600m run (2 heats)
 Girls 1600m run (2 heats)
 Boys 4X400 relay
 Girls 4X400 relay

FIELD EVENTS

9:00	<u>(1 pit)</u>	12:00
(8:00 warm-up)		(11:00 warm-up)
Girls Shot Put (4 flights)	(9:30 – 12:00)	Boys Shot Put (4 flights)
Boys Discus Throw (4 flights)	Girls' Pole Vault	Girls Discus Throw (4 flights)
Girls Long Jump	Start @ 7' up 6"	Boys Long Jump
Boys Triple Jump		Girls Triple Jump
Girls High Jump	(12:30-3:00)	Boys High Jump
(start @ 4'-up by 2")	Boys' Pole Vault	
(start @ 5'-up by 2")	Start @ 9' up 6"	