

# DEER VALLEY HIGH SCHOOL INVITATIONAL RELAYS

Deer Valley High School  
4700 Lone Tree Way  
Antioch, California 94531

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The 11th Annual Deer Valley Invitational Relays is scheduled for March 27, 2010. We here at Deer Valley High School would be elated to have your team to compete at the (11th) annual Deer Valley Invitational Relays.

**Location:** Deer Valley High School  
4700 Lone Tree Way  
Antioch California 94509

**Invitational Date:** March 27, 2010

**Divisions:** FS/G, FS/B, V/G, V/B

## Field Events:

8:00 AM Long Jump, High Jump, Shot Put, Discus1  
1:00 PM VB Pole Vault 2:30 PM VG Pole Vault  
Triple Jump VB 1:00 PM VG 2:30

**Running Events:** 10:00 AM

## PLEASE READ THE FOLLOWING

Entry Deadline is Sunday March 21, 2010 at 12:00 AM. **(Entries on line by Directathletics.com Timing Device By Finish Lynx System)**. ENTRY FEES should be mailed and Made payable to Deer Valley High School. Use 2009 marks if available. (Indicate HT or FAT) The cost per individual event is \$5.00. The cost for relay events are \$15.00 PER relay. The cost is \$75.00 PER Division. (V/B) (V/G) (FS/G) (FS/B)  
The Maximum cost per school for all four divisions will be \$300.00.

**AWARDS:** MEDALS: 1st - 3rd Individual  
1st - 3rd Relay Teams

A most valuable trophy will be presented to the top male and female athlete.  
The Invitational is schedule to began at 8:00 AM, and Schedule to be completed at 4:00 pm.

See you there.

**PLEASE READ THE FOLLOWING INFORMATION CAREFULLY  
GENERAL MEET INFORMATION**

Dear Coaches,

Welcome to the eighth running of the Deer Valley Invitational Relays. The date of the meet will be Saturday, March 27, 2010. All Varsity running events will be limited to the top twenty-four entries in all events with eight alternate names. The top twenty-eight entries in non-lane events. All Varsity field events will be limited to the top twenty-four entrants entered and each competitor will be limited to three jumps or throws. There will be no trials; all races will be a timed finals. All running events will be seeded slowest to fastest, with medals going to the top three places according to time.

Field events will begin at 8:00 a.m. (Please see the enclosed order of events), with running event competition commencing at 10:00 a.m. We will attempt to adhere to the schedule as closely as possible, but if we should get ahead of schedule we won't hold up the meet, so make sure your athletes are at Deer Valley High School with time to spare. There will be no ads the day of the meet. Scoring of events will be 6-5-4-3-2-1 for all individual running and field events, and 12-10-8-5-3-1 for relays. All scratches will be done either at the bullpen or at each individual field event. Instruct your athletes who are alternates to be sure to instruct your athletes to arrive by the THIRD and final call for each event. Alternates will be added once third call has been made and missing athletes are scratched. There will be a coaches scratch meeting prior to the start of the meet under the press box. Please do not substitute athletes for your scratches. All changes will be done at the Clerk-of-the-Course! Should an athlete miss his or her third call they will not be reinstated!!

In the pole vault, the bar will start at 8' for varsity girls. Varsity boys will start at 10'. It will then move up at six-inch increments until all competitors are done. There will be run-throughs for individuals entering at higher heights as the competition progresses. The Vaults will begin at 1:00 pm. We will not offer a F/S triple jump.

The Uniform Rule will be enforced at all times and in all events. Coaches make sure your field event athletes comply or they will be scratched! Particularly the shot and discus competitors had better comply or be prepared to suffer the consequences. Please dress at home as we have limited dressing space. The snack bar will be open from the beginning of the meet and will serve hot and cold snacks.

No warming up will be allowed on the track or infield and only meet officials, current field event competitors and up-coming heat individuals will be allowed on the infield. All warm-ups will be done on the upper warm-up field, with the Bullpen area near the entry gate. Any athlete or coach who ignores these rules will be disqualified from further competition. Please keep your non-participants and fans away from the clerk area and far away from the start of the sprints. This is a major distraction for all competitors. All starting blocks will be supplied.

Each athlete may use his or her own shots and discuses for competition, as long as they weigh in. Weigh-ins will be tabled adjacent to the coaches/athletes gate on the South end of the entry gate. Each athlete may enter any four events, in one classification. The track and runways are all weather. Wear 1/4" spikes only. All runners must report to the Clerk-of-the-Course in the Bullpen for heat/lane assignments. Individuals/teams failing to report by the third call will be scratched.

Invitational T-shirts will be available.

Remember we will try to limit Individual entries in running events to the top three athletes per school.

Due to the typical entries in the field events, we will limit the total number of entries to twenty-four per event in all divisions Therefore, please enter only legitimate marks; if questionable, verification will be requested. While we understand that some schools may have more than three legitimate entries in some events. No team will enter more than one relay per event. Any team that does this will have all teams in that race scratched. Pick up your coaches packet at team check-in upon your arrival before the scratch meeting began so you may check your entries. Any problems should be pointed out to the clerk of the course.

1. Only 3/8" & 1/4" SPIKES ARE ALLOWED ON THE TRACK
2. All athletes must warm up in the designated areas that will be located on the Upper field of the stadium.
3. All athletes must report to the clerk of the course at the first call. Failure to report will result in disqualification from the event.
4. All running are timed finals. Your team may enter a maximum of four Athletes per division per school in all races. Teams are allow one Relay team per Division per school.
5. All races will be timed by electronic timing device. Results will be posted per event during the day.
6. Additional athletes may not be added. Alternates will be seeded into Heats
7. There will be no warm-up allowed on the track or infield area. Only athletes Competing at the time of their events will be will be allowed on the track during their event!! Violation of this rule will result in disqualification.

## THE MEET WILL GO RAIN OR SHINE!

Have a great season and I will see you at The Deer Valley Invitational.

### Field Event Schedule

#### 8:00 AM

V/G Discus      FS/G Discus to follow  
V/B Long Jump      FS/B Long Jump to follow  
V/G Long Jump      FS/G long Jump to follow  
V/B Shot      FS/B Shot  
V/G High Jump      FS/G High Jump To follow

#### 11:00 A M

V/B Discus      FS/B discus to follow  
V/G shot Put      FS/G shot put to follow  
V/B High Jump      FS/B High Jump to follow  
V/B Pole Vault 1:00 Noon      *V/G pole Vault 2:30*  
V/G Triple Jump 1:00      V/B Triple Jump to Follow 2:30

## Deer Valley Invitational Relays Information Sheet

V/B V/G FS/B FS/G  
 Entries on line by Directathletics.com  
 Timing By Finish Lynx System

School: \_\_\_\_\_ Coach: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone (H) \_\_\_\_\_  
 City: \_\_\_\_\_ Zip \_\_\_\_\_ Phone (W) \_\_\_\_\_  
 Home E-mail \_\_\_\_\_ Work E-Mail \_\_\_\_\_  
 Total number of athletes \_\_\_\_ Coaches, please check the events that you enter

### New Distance for Sprint Med Relay For This Year International 1-2-3-4

#### Varsity Men Or FS Boys

4 X 100 Mtr Relay \_\_\_\_\_  
 Sprint Medley Relay 1-2-3-4 \_\_\_\_\_  
 4 X 800 3200 Mtr Relay \_\_\_\_\_  
 4 X 200 Mtr Relay \_\_\_\_\_  
 Distance Medley Relay 12-8-4-16 \_\_\_\_\_  
 4 X 400 Mtr Relay \_\_\_\_\_

#### Varsity Women Or FS Girls

4 X 100 Mtr Relay \_\_\_\_\_  
 Sprint Medley Relay 1-2-3-4 \_\_\_\_\_  
 4 X 800 3200 Mtr Relay \_\_\_\_\_  
 4 X 200 Mtr Relay \_\_\_\_\_  
 Distance Medley Relay 12-8-4-16 \_\_\_\_\_  
 4 X 400 Mtr Relay \_\_\_\_\_

**NO MORE THAN TWO (4) ATHLETES PER SCHOOL MAY BE ENTERED IN THE INDIVIDUAL EVENTS**

#### Varsity Men Or FS Boys

100 Mtr dash \_\_\_\_\_  
 110 Mtr Hurdles \_\_\_\_\_  
 400 Mtr Dash \_\_\_\_\_  
 1600 Mtr Run \_\_\_\_\_  
 3200 Mtr Run \_\_\_\_\_  
 High jump \_\_\_\_\_  
 Long Jump \_\_\_\_\_  
 Triple Jump Var. Only \_\_\_\_\_  
 Shot Put \_\_\_\_\_  
 Discus \_\_\_\_\_  
 Pole Vault Var. Only \_\_\_\_\_

#### Varsity Women Or FS Girls

100 Mtr Dash \_\_\_\_\_  
 100 Mtr Hurdles \_\_\_\_\_  
 400 Mtr Dash \_\_\_\_\_  
 1600 Mtr Run \_\_\_\_\_  
 3200 Mtr Run \_\_\_\_\_  
 High Jump \_\_\_\_\_  
 Long Jump \_\_\_\_\_  
 Triple Jump Var. Only \_\_\_\_\_  
 Shot Put \_\_\_\_\_  
 Discus \_\_\_\_\_  
 Pole Vault Var. Only \_\_\_\_\_

**ENTRY FEES** Make check or money order payable to Deer Valley High School

1. Individual events.....\$5.00 per entrant \_\_\_\_ No. # of entrants \_\_\_\_\_
2. Relay races..... \$15.00 per relay \_\_\_\_ No. # of entrants \_\_\_\_\_

\$ 75.00 Per Division FS/B FS/G V/G V/B

Maximum Entry Fee \$300.00 Per School For Four complete Divisions

Total Entry Fee \$ \_\_\_\_\_

## Running Events DV Invitational Relays Division: FS/Girls FS/Boys V/Girls V/Boys

Event # ( 1 )	FS/G	100	Meter Hurdles Timed Finals.
Event # ( 2 )	V/G	100	Meter Hurdles Timed Finals.
Event # ( 3 )	FS/B	110	Meter Hurdles Timed Finals.
Event # ( 4 )	V/B	110	Meter Hurdles Timed Finals.
Event # ( 5 )	FS/G	1600	Meter Run Timed Finals.
Event # ( 6 )	FS/B	1600	Meter Run Timed Finals.
Event # ( 7 )	V/G	1600	Meter Run Timed Finals.
Event # ( 8 )	V/B	1600	Meter Run Timed Finals.
Event # ( 9 )	FS/G	1000	Sprint Medley Relay 1-2-3-4 Timed Finals
Event # ( 10 )	V/G	1000	Sprint Medley Relay 1-2-3-4 Timed Finals.
Event # ( 11 )	FS/B	1000	Sprint Medley Relay 1-2-3-4 Timed Finals.
Event # ( 12 )	V/B	1000	Sprint Medley Relay 1-2-3-4 Timed Finals.
Event # ( 13 )	FS/G	4000	Distance Medley 12-4-8-16 Timed Finals
Event # ( 14 )	FS/B	4000	Distance Medley 12-4-8-16 Timed Finals
Event # ( 15 )	V/G	4000	Distance Medley 12-4-8-16 Timed Finals.
Event # ( 16 )	V/B	4000	Distance Medley 12-4-8-16 Timed Finals.
Event # ( 17 )	FS/G	100	Meter Dash Timed Finals.
Event # ( 18 )	FS/B	100	Meter Dash Timed Finals
Event # ( 19 )	V/G	100	Meter Dash Timed Finals.
Event # ( 20 )	V/B	100	Meter Dash Timed Finals.
Event # ( 21 )	FS/G	400	Meter Dash Timed Finals.
Event # ( 22 )	FS/B	400	Meter Dash Timed Finals.
Event # ( 23 )	V/G	400	Meter Dash Timed Finals.
Event # ( 24 )	V/B	400	Meter Dash Timed Finals.
Event # ( 25 )	FS/G	4x100	Meter Relay Timed Finals
Event # ( 26 )	FS/B	4x100	Meter Relay Timed Finals
Event # ( 27 )	V/G	4x100	Meter Relay Timed Finals
Event # ( 28 )	V/B	4x100	Meter Relay Timed Finals
Event # ( 29 )	FS/G	4x800	Meter Relay Timed Finals.
Event # ( 30 )	FS/B	4x800	Meter Relay Timed Finals.
Event # ( 31 )	V/G	4x800	Meter Relay Timed Finals.
Event # ( 32 )	V/B	4x800	Meter Relay Timed Finals.
Event # ( 33 )	FS/G	4X200	Meter Relay Timed Finals
Event # ( 34 )	V/G	4X200	Meter Relay Timed Finals
Event # ( 35 )	FS/B	4X200	Meter Relay Timed Finals
Event # ( 36 )	V/B	4X200	Meter Relay Timed Finals
Event # ( 37 )	VG	3200	Meter Run Timed Finals
Event # ( 38 )	VB	3200	Meter Run Timed Finals
Event # ( 39 )	FS/G	4x400	Meter Relay Timed Finals
Event # ( 40 )	FS/B	4x400	Meter Relay Timed Finals
Event # ( 41 )	V/G	4x400	Meter Relay Timed Finals
Event # ( 42 )	V/B	4X400	Meter Relay Timed Finals

## Field Events

Event # ( 43 )	V/G	Discus Throw	8:00 AM	Event # ( 44 )	FS/G	Discus Throw	9:30 AM
Event # ( 45 )	V/B	Shot Put	8:00 AM	Event # ( 46 )	FS Boys	Shot Put	9:30 AM
Event # ( 47 )	V/G	Long Jump	8:00 AM	Event # ( 48 )	FS/G	Long Jump	9:30 AM
Event # ( 49 )	VG	High Jump	8:00 AM	Event # ( 50 )	SF/G	Long Jump	9:30 AM
Event # ( 51 )	VB	Long Jump	8:00 AM	Event # ( 52 )	SF/B	Long Jump	9:30 AM
Event # ( 53 )	VB	High Jump	11:00 AM	Event # ( 54 )	SF/B	High Jump	12:30 AM
Event # ( 55 )	VB	Discus Throw	11:00 AM	Event # ( 56 )	FS/B	Discus Throw	12:30 AM
Event # ( 57 )	VG	Shot Put	11:00 AM	Event # ( 58 )	FS/G	Shot Put	12:30 AM
Event # ( 59 )	VB	Pole Vault	1:00 PM	Event # ( 60 )	VG	Pole Vault	2:30 PM
Event # ( 61 )	VG	Triple Jump	1:00 PM	Event # ( 62 )	VB	Triple Jump	2:30 PM