



Stanford
TRACK & FIELD
INVITATIONAL

March 29-30, 2002
Cobb Track and Angell Field



PRESENTED BY HOTEL SOFITEL
High school events co-hosted by Palo Alto and Gunn High Schools

DIRECT ALL COMMUNICATION TO

Meet Director
Stanford Track & Field Invitational
641 East Campus Drive
Stanford, California 94305-6150
(650) 723-2736
FAX (650) 725-0758
gostanford.com

**Entries must be completed online at
EZMeets.com by 7:00pm on March 18.**

Dear Coach,

On March 29-30, Stanford University will co-host the 2002 Stanford Track & Field Invitational with Palo Alto and Gunn High Schools. Athletes of all levels will find the degree of competition that best meets their needs.

Last year our high school competition was fantastic. We had great awards and exciting events for all athletes in the jumps, throws, and on the track.

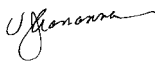
Cobb Track and Angell Field, our nationally acclaimed facility, features nine 48 inch lanes, multiple dual-direction runways for all of the jumps, and no less than five separate sites for the throwing events. An exclusive venue for our sport, Cobb Track and Angell Field is specifically designed to take advantage of any favorable wind conditions, and it will provide your athletes with the best opportunity for outstanding performances.

The Stanford Track & Field Invitational sponsored by NIKE has been created to offer great competition. We are experimenting with a new meet format in 2002 that highlights some High School events within our featured college schedule. Consequently, we have had to limit some field sizes. Please note that the Boys'/Girls' 100m will be limited to the Top 8 entrants, while the Boys' 110m/Girls' 100m Hurdles will be limited to the Top 16 entrants. We are excited by this new format and hope you share our enthusiasm for showcasing these top athletes.

Please read all of the enclosed information carefully, and don't miss our entry deadline of March 18. *In order to help us achieve balanced field sizes, please note that schools will be limited to entering no more than three athletes in an event.* Additionally, please be reminded that *all high school athletes must be accompanied by their coach during the meet.*

We look forward to welcoming you and your athletes for great track and field.

Sincerely,



Vin Lananna
Director of Track & Field/Cross Country

ADDITIONAL MEETS AT COBB TRACK AND ANGELL FIELD

U.S. TRACK & FIELD OPEN — JUNE 8

This I.A.A.F. Grand Prix I meet will be a televised event that is part of USA Track & Field's Golden Spike Tour. It is the last great track and field meet in the country prior to the USA Championships on June 21-23. Immediately following the television window will be paced distance events to help athletes qualify and tune-up for the USA Championships.

USA JUNIOR NATIONAL TRACK & FIELD CHAMPIONSHIPS — JUNE 21-22

USA NATIONAL CHAMPIONSHIPS — JUNE 21-23

USA Track & Field's National Championship meets will take place at Cobb Track and Angell Field on June 21-23. Junior events will take place in morning/early afternoon sessions on Friday and Saturday. Senior events will be contested in the afternoon and evening on Friday and Saturday. Sunday's schedule will feature a compact three hour format. Entry standards and entry packet information will be available at www.usatf.org. Ticket information will be available at 1-800-STANFORD.

GENERAL INFORMATION
STANFORD TRACK & FIELD INVITATIONAL
FRIDAY AND SATURDAY, MARCH 29-30, 2002

ENTRY DEADLINE

- All entries must be completed online at EZMeets.com by **7:00pm PST on March 18**. Entries will **NOT** be guaranteed for acceptance after this deadline. Please refer to the enclosed instructions for completing the online entry process.
- To complete the online entries, you must fax the enclosed registration form to the Stanford Track & Field Office at (650) 725-0758. You will then receive a Password for the website.
- We will **NOT** accept telephone or faxed entries.
- If a late entry is accepted, a late fee will be assessed at an additional \$6 per person per event.

ENTRY FEES AND PAYMENT PROCEDURE

- **Individuals:** \$6.00 per person per event entered
- **Relays:** \$15.00 for each relay team entered
- Please make checks payable to:
Palo Alto High School
- Send the entry receipt from the website and fees to:
Meet Director
Stanford Track & Field Invitational
641 East Campus Drive
Stanford, California 94305-6150
- ***There will be no refunds for entries not accepted.***
- Please send your entry fees by Overnight Mail.

ENTRY CONFIRMATION PROCEDURE

- Confirmation of entry acceptance or rejection will be posted to ***gostanford.com*** on March 22. Please do NOT contact the Stanford Office before March 22 to ask if an entry was accepted.
- Please refer to the enclosed information on entry guidelines for help in determining in an athlete's entry is likely to be accepted.
- Please NOTE the enclosed information on field size limits for various events.
- The entry committee will accommodate LATE entries only if space is available in a given event. If a late entry is accepted, a late fee of \$6 per person per event will be assessed.
- Updates and changes will be posted on ***gostanford.com*** after March 22. Check this website frequently for updates or changes.
- ***There will be no refunds for entries not accepted.***

WEIGHTS AND MEASURES

- Please advise your athletes that they must have their implements weighed and measured one hour prior to the event's start. Weights and measures will close 30 minutes prior to the start of the event.

PACKET PICKUP

- We will distribute the team packet to the first coach who arrives at the packet pickup. *This packet will contain the access credentials for the entire team. Please make arrangements to meet your team at a designated location outside the complex to distribute these credentials if you are planning to arrive at different times. We cannot hold the team packet at the packet pickup table.*

ENTRY GUIDELINES AND FIELD SIZE LIMITS

- Although we seek a large field, there must be guidelines to limit our fields to manageable sizes. The limitations on field size for each event are listed on the Schedule of Events. We will try to accept all entrants who meet the guidelines below so as not to exceed the field size limit for that event.
- Please note the opening heights and minimum measured distances listed on the Schedule of Events.
- The standards below are guidelines and do NOT guarantee that an athlete will be accepted.
- For questions concerning high school standards and guidelines, please contact Paul Jones of Palo Alto High School at (650) 329-3961, or Ernie Lee of Gunn High School at (650) 623-0741.
- It is recommended that the following performances have been achieved in the 2001 season.

Running Events	Men	Women
100m	Top 8	Top 8
400m	51.64	62.14
110/100m Hurdles	Top 16	Top 16
400m Hurdles	43.14	51.14
(standard refers to time for 300m Hurdles)		
Mile	4:30	5:30
3000m	10:00	12:00
(standard refers to time for 3200m)		
4 x 800m Relay	8:39	10:39

HOW TO ENTER THE STANFORD TRACK & FIELD INVITATIONAL

- Please read all of these instructions completely.
- The meet management is pleased to offer an online entry process for the Stanford Track & Field Invitational. This year ALL entries must be submitted online at *EZMeets.com*. Telephone and fax entries will NOT be accepted. We believe this process will limit mistakes and increase convenience.
- In order to enter athletes at *EZMeets.com*, you will need a Password. To receive this information, please fax the enclosed registration form to the Stanford Office at (650) 725-0758. Once we have received your registration form, a Password will be sent to you via email.
- After receiving your Password, please visit *EZMeets.com* and follow the link for the Stanford Track & Field Invitational. Please follow all instructions on the site and always print an entry receipt at the end of your session.
- You may make changes and additions to your entries until **7:00pm PST on March 18**. After that deadline, you may not make any additional entries. Accepted entries will be posted to *gostanford.com* on March 22.
- For each of your entrants, you will need the following pieces of information:
 - a. The event name of all the events in which they will be entered (please see the Schedule of Events).
 - b. Their best time/distance in the 2001 season and the location and date of that performance.
- Type the entrants for your team, providing all the requested information. Please use 2001 performances. Performance standards and guidelines are included in the entry packet.
- Please use the RELAYS ONLY option of the entry form to enter any athlete that is competing ONLY on relay teams. You will declare your final relay personnel on the day of the meet.
- You will be responsible for the entry fee calculated at the entry deadline. Please see the enclosed meet information for fee structure. Checks should be payable to: *Palo Alto High School*
- After making a copy of your entries, send the entry form receipt and fees to:

Meet Director
Stanford Track & Field Invitational
641 East Campus Drive
Stanford, CA 94305-6150
- To assure your fee's safe arrival, we recommend that you use Priority Mail.

AWARDS

- In the case of multiple sections, final results will be based upon the best performances for all sections.
- In the individual events, NIKE sweatshirts will be presented to the winner, and t-shirts will be presented to 2nd through 5th place.
- In the relay events, NIKE sweatshirts will be presented to the winning team, and t-shirts will be presented to the 2nd and 3rd place teams.
- In honor of Don Dooley, a panel of coaches will recognize the Most Valuable Athlete in both the track and field events for high school boys and girls.

HOTEL INFORMATION

- The meet headquarters is the Hotel Sofitel. Contact them at (650) 598-9000 and ask for the special Stanford Track & Field Invitational rate.
- You will find a list of other hotels in the area at www.stanford.edu/dept/hds/chs/general/hotel.html

RENTAL CARS AND SHUTTLE TO TRACK

- For the most convenient service and the most competitive prices in the area please contact Tom Dold of Thrifty Car Rental at (650) 222-7696.
- We will provide a complementary shuttle between the Hotel Sofitel and Cobb Track and Angell Field. Information and a time schedule will be available on *gostanford.com* after March 22.

RESTAURANTS

- We would like to thank the following local restaurants for their support of the meet. Please call or visit them for all of your team's dining needs.

Perry's Restaurant (650) 326-0111
546 University Avenue, Palo Alto
The Tree House (650) 723-4500
Located on the Stanford campus

FRIDAY, MARCH 29, 2002

Please check for last minute schedule changes which may be necessary to accommodate field sizes.

RUNNING EVENTS

Women's	400m Hurdles	1:00pm
Men's	400m Hurdles	1:20pm
Women's	400m (B sections)	1:40pm
Men's	400m (B sections)	1:50pm
Women's	100m (Trials)	2:00pm
Men's	100m (Trials)	2:20pm
Women's	100m Hurdles (Trials)	2:50pm
Men's	110m Hurdles (Trials)	3:05pm
Women's	200m (B sections)	3:30pm
Men's	200m (B sections)	3:45pm
Women's	1500m (B sections)	4:00pm
Men's	1500m (B sections)	4:15pm
Women's	800m (B sections)	4:30pm
Men's	800m (B sections)	4:45pm
High School Girls'	Distance Medley Relay	5:00pm
High School Boys'	Distance Medley Relay	5:30pm
High School Girls'	3000m	5:55pm
High School Boys'	3000m	6:20pm
Women's	3000m Steeplechase (Top section)	6:50pm
Men's	3000m Steeplechase (Top section)	7:05pm

Those NOT selected for the Top section in the W/M's 3000m Steeplechase will compete on Saturday.

Women's	5000m (2 sections)	7:20pm
Men's	5000m (Top section)	8:00pm
Men's	10,000m (Top section)	8:20pm
Men's	10,000m (2nd section)	8:55pm
Women's	10,000m (One section only)	9:30pm
Men's	5000m (2nd section)	10:10pm
Men's	5000m (3rd section)	10:30pm
Men's	5000m (4th section)	10:50pm

(ONLY if needed)

FIELD EVENTS

Note the opening heights and the minimum distances which will be measured.

ALL High School field events will be limited to 20 competitors and 4 jumps/throws ONLY.

Men's	Long Jump (Top section)	1:00pm
Women's	Long Jump (Top section)	1:00pm
Women's	Pole Vault (B section)	1:15pm
Men's	Javelin	1:15pm
Men's	Hammer (Top section)	1:30pm
Men's	Pole Vault (B section)	3:15pm
Men's	Long Jump (B section)	3:30pm
Women's	Long Jump (B section)	3:30pm
Men's	Hammer (B section)	3:45pm
Men's	Shot Put	4:00pm
Women's	Javelin	4:15pm
Women's	Shot Put	4:30pm
High School Boys'	High Jump	5:30pm
High School Girls'	Long Jump (4 jumps ONLY)	6:00pm
High School Boys'	Pole Vault	6:00pm
High School Boys'	Long Jump (4 jumps ONLY)	6:15pm
High School Girls'	High Jump	7:00pm

IMPORTANT INFORMATION ABOUT COLLEGE FIELD EVENTS

- Athletes in the B section of the Long Jump and Triple Jump will receive 4 JUMPS ONLY.
- Athletes in the B section of the Hammer and Discus will receive 4 THROWS ONLY and will compete in the Hammer Field. The impact area is crushed brick.
- Athletes in the B section of the Pole Vault will compete on two runways, with two opening heights.
- The top 12 athletes in the men's and women's triple jump will compete first with 8 athletes to the final. After the finals for those athletes, all other jumpers will take 4 JUMPS ONLY.

SATURDAY, MARCH 30, 2002

Please check for last minute schedule changes which may be necessary to accommodate field sizes.

RUNNING EVENTS

High School Girls'	400m Hurdles	9:00am	Field size limit: Top 40
High School Boys'	400m Hurdles	9:15am	Field size limit: Top 40
High School Girls'	4 x 100m Relay (Trials)	9:30am	Field size limit: Top 40
High School Boys'	4 x 100m Relay (Trials)	9:50am	Field size limit: Top 40
High School Girls'	4 x 800m Relay	10:10am	Field size limit: Top 20
High School Boys'	4 x 800m Relay	10:20am	Field size limit: Top 20
High School Girls'	400m	10:30am	Field size limit: Top 40
High School Boys'	400m	10:50am	Field size limit: Top 40
High School Girls'	One Mile	11:10am	Field size limit: Top 40
High School Boys'	One Mile	11:25am	Field size limit: Top 40
Men's	3000m Steeplechase (B sections)	11:45am	Those NOT selected to race on Friday
Women's	3000m Steeplechase (B sections)	12:15pm	Those NOT selected to race on Friday
Kids' Half-Lapper	Community Races	12:30pm	
Opening Ceremonies		1:00pm	
High School Girls'	4 x 100m Relay (Final)	1:05pm	Top 9 times from Trials
High School Boys'	4 x 100m Relay (Final)	1:10pm	Top 9 times from Trials
Women's	4 x 100m Relay	1:15pm	
Men's	4 x 100m Relay	1:30pm	
High School Girls'	100m Hurdles	1:50pm	Field size limit: Top 16 Selected
Women's	100m Hurdles (Final)	2:00pm	Top 9 times from Trials
High School Boys'	110m Hurdles	2:05pm	Field size limit: Top 16 Selected
Men's	110m Hurdles (Final)	2:15pm	Top 9 times from Trials
Women's	1500m (Top 2 sections)	2:25pm	
Men's	1500m (Top 2 sections)	2:40pm	
Women's	400m (Top 2 sections)	2:55pm	
Men's	400m (Top 2 sections)	3:05pm	
High School Girls'	100m	3:15pm	Field size limit: Top 8 Selected
High School Boys'	100m	3:20pm	Field size limit: Top 8 Selected
Women's	100m (Final)	3:25pm	Top 9 times from Trials
Men's	100m (Final)	3:30pm	Top 9 times from Trials
Women's	800m (Top 2 sections)	3:35pm	
Men's	800m (Top 2 sections)	3:45pm	
Women's	200m (Top 2 sections)	3:55pm	
Men's	200m (Top 2 sections)	4:05pm	
High School Girls'	4 x 400m Relay	4:15pm	Field size limit: Top 30
High School Boys'	4 x 400m Relay	4:30pm	Field size limit: Top 30
Women's	4 x 400m Relay	4:45pm	
Men's	4 x 400m Relay	5:00pm	

FIELD EVENTS

Note the opening heights and the minimum distances which will be measured.

ALL High School field events will be limited to 20 competitors and 4 jumps/throws ONLY.

High School Boys'	Discus (4 throws ONLY)	9:00am	Throws under 140' will NOT be measured.
Men's	Discus (B section)	9:00am	Throws under 145' will NOT be measured.
High School Girls'	Pole Vault	9:00am	Opening height is 8' 0".
High School Girls'	Triple Jump (4 jumps ONLY)	9:15am	Jumps under 34' will NOT be measured.
High School Boys'	Triple Jump (4 jumps ONLY)	9:45am	Jumps under 42' will NOT be measured.
Women's	High Jump	11:00am	Opening height is 5' 3".
High School Girls'	Discus (4 throws ONLY)	11:15am	Throws under 100' will NOT be measured.
Women's	Discus (B section)	11:15am	Throws under 135' will NOT be measured.
High School Boys'	Shot Put (4 throws ONLY)	11:30am	Throws under 45' will NOT be measured.
Women's	Pole Vault (Top section)	12:00pm	Opening height is 11' 8".
Women's	Triple Jump	1:15pm	Jumps under 36' will NOT be measured.
Men's	Discus (Top section)	1:30pm	Throws under 155' will NOT be measured.
Women's	Hammer (Top section)	1:30pm	Throws under 150' will NOT be measured.
Men's	Triple Jump	1:45pm	Jumps under 43' will NOT be measured.
Men's	High Jump	2:00pm	Opening height is 6' 4".
High School Girls'	Shot Put (4 throws ONLY)	2:30pm	Throws under 30' will NOT be measured.
Men's	Pole Vault (Top section)	3:00pm	Opening height is 16' 9".
Women's	Discus (Top section)	3:45pm	Throws under 145' will NOT be measured.
Women's	Hammer (B section)	3:45pm	Throws under 140' will NOT be measured.

Stanford Track & Field Invitational REGISTRATION FORM

Fax this form to (650) 725-0758 to receive a Password.

A Password will be sent by email to the address you list below.

You will not be able to enter online at EZMeets.com until you have submitted this form.

High School Boys

High School Girls

College/Open Men

College/Open Women

PLEASE CIRCLE THE APPROPRIATE SECTION(S) ABOVE

If you want a different Password for different genders, please submit separate forms.

Team Name

Coach's Name

Office Phone

Home Phone

FAX Phone

E-mail

ALL CORRESPONDENCE AND UPDATES WILL TAKE PLACE VIA EMAIL.

PLEASE LIST THE EMAIL ADDRESS TO WHICH ALL INFORMATION SHOULD BE SENT.

Street Address

City, State, Zip

PLEASE LEAVE THE FOLLOWING AREA BLANK.

Password

How To Enter The Stanford Track & Field Invitational

- Please read all of these instructions completely.
- The meet management is pleased to offer an online entry process for the Stanford Track & Field Invitational. This year ALL entries must be submitted online at **EZMeets.com**. Telephone and fax entries will NOT be accepted. We believe this process will limit mistakes and increase convenience.
- In order to enter athletes at **EZMeets.com**, you will need a Password. To receive this information, please fax the registration form to the Stanford Office at (650) 725-0758. Once we have received your registration form, a Password will be sent to you via email.
- After receiving your Password, please visit **EZMeets.com** and follow the link for the Stanford Track & Field Invitational. Please follow all instructions on the site and always print an entry receipt at the end of your session.
- You may make changes and additions to your entries until **7:00pm PST on March 18**. After that deadline, you may not make any additional entries. Accepted entries will be posted to **gostanford.com** on March 22.
- In order to establish appropriate sections/flights, ALL athletes must be declared or scratched.
- Declarations will take place online at **EZMeets.com** from **12:00pm PST on March 22** until **7:00pm PST on March 25**. Any athlete NOT declared by **7:00pm on March 25** will automatically be scratched.

**Entries must be completed online at EZMeets.com
by 7:00pm PST on March 18.**

IMPORTANT SAFETY RULES

In order for us to conduct a safe and quality meet for everyone, we will enforce the following safety rules for Cobb Track and Angell Field. Please notify your athletes and assistant coaches of these policies prior to the meet.

ACCESS TO THE FACILITY

Only athletes will be permitted inside the facility. Coaches and spectators **MUST** remain outside the fences at all times. Contestants will be escorted on and off the facility by the meet management.

SPIKE LENGTH

Pin spikes **NOT** longer than 3/16" must be worn on the track for **ALL** events, including the javelin, high jump, and pole vault. We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose implements are too long will not be permitted to compete with those spikes.

HEADPHONES/RADIOS

No headphones or radios will be permitted inside Cobb Track and Angell Field. These devices present a safety risk for everyone since several competitions will be contested simultaneously. Please notify your athletes in advance that they must confine these items to the warm-up areas outside of the facility.

FACILITY SPECIFICATIONS FOR COBB TRACK AND ANGELL FIELD

Track	9 lanes on both the oval and straightaway Lanes are 48 inches wide Inside water jump for the steeplechase
Long/Triple Jump (Women)	185 foot artificial surface runway
Long/Triple Jump (Men)	215 foot artificial surface runway
Pole Vault	140 foot artificial surface runway
High Jump	Artificial surface
Javelin	100 foot artificial surface runway
Shot Put	Contested on Chandler Infield
Discus	High school discus contested on Chandler Infield Top sections of college/open discus contested on Chandler Infield B sections of college/open discus contested at Hammer Field (NOTE: impact area on Hammer Field is crushed brick dust)
Hammer	Contested at Hammer Field adjacent to track

DIRECTIONS TO COBB TRACK AND ANGELL FIELD

FROM HIGHWAY 101

1. Exit on Embarcadero Road West and follow the signs to Stanford.
2. Cross El Camino Real (the street name will change to Galvez Street).
3. Turn left onto Nelson Road.
4. Follow the signs to the parking lots for the track & field meet.

FROM HIGHWAY 280

1. Exit on Alpine Road and follow the signs to Stanford.
2. Turn right onto Junipero-Serra.
3. Turn left onto Campus Drive West.
4. Turn left onto Galvez Street.
5. Turn right onto Nelson Road and follow the signs to the parking lots.

