

Dear Coaches,

Thank you for attending this year's Junipero Serra Top 7 Invitational. A couple of specific notes about the meet:

- THERE ARE NO MEET DAY ENTRIES, INCLUDING SUBSTITUTIONS. PLEASE BE RESPECTFUL OF THIS AS IT IS TOO TIME CONSUMING FOR MEET MANAGEMENT TO ADD ATHLETES THE DAY OF THE MEET.
- ALL ATHLETES IN RUNNING EVENTS MUST BE CHECKED IN AT THE CLERK OF THE COURSE NO LATER THAN 40 MINUTES PRIOR TO THE START OF THEIR EVENT. *IF AN ATHLETE HAS ALREADY CHECKED INTO AN EVENT, BUT PLANS ON SCRATCHING, PLEASE LET THE CLERK OF THE COURSE KNOW.*
- ALL ATHLETES MUST REPORT TO THE CLERK OF THE COURSE NO LATER THAN 15 MINUTES PRIOR TO THE START OF THEIR RACE, ATHLETES WILL THEN BE ESCORTED TO THE START OF THEIR RACE AFTER HIP #'S ARE ISSUED.
- ALL WARM-UPS MUST TAKE PLACE OFF THE TRACK AND FOOTBALL FIELD, ON THE BASEBALL OUTFIELD AND BLACKTOP OUTSIDE THE STADIUM ONLY. ***PLEASE HAVE YOUR ATHLETES STAY OFF THE BASEBALL INFIELD AND OUT OF THE BASEBALL DUGOUTS.***
- COMPETITORS IN THE VARSITY LONG JUMP, TRIPLE JUMP, SHOT PUT AND DISCUS WILL COMPETE FROM WORST TO BEST AND WILL EACH RECEIVE 3 ATTEMPTS. THE TOP 7 WILL RECEIVE 3 MORE ATTEMPTS IN FINALS.
- COMPETITORS IN THE FROSH/SOPH AND JUNIOR VARSITY LONG JUMP, TRIPLE JUMP, SHOT PUT AND DISCUS WILL COMPETE FROM BEST TO WORST AND WILL RECEIVE 4 ATTEMPTS WITH NO FINALS.
- IMPLEMENT WEIGH-INS WILL TAKE PLACE FROM 7:50 A.M. UNTIL 8:45 A.M. INSIDE THE TRACK STORAGE BUILDING AT THE FAR END OF THE EAST SIDE STRAIGHTAWAY. WEIGH-INS WILL AGAIN TAKE PLACE FROM 12:30 TO 1:15 FOR LATER FIELD EVENTS.
- ALL TEAM TENTS SHOULD BE SET UP IN THE ALUMINUM BLEACHERS ON THE WEST SIDE OF THE STADIUM OR ALONG THE BASEBALL OUTFIELD FENCE.
- JEWELRY AND UNIFORM RULES WILL BE ENFORCED
- NO SPIKES LONGER THAN ¼"
- PLEASE, NO SUNFLOWER SEEDS, GUM OR FOOD ON THE FIELD
- PLEASE HELP US BY MAKING SURE YOUR AREAS ARE CLEAN WHEN YOU LEAVE THE MEET
- AWARDS WILL BE GIVEN TO THE TOP 3 FINISHERS IN EACH RELAY EVENT, TOP 6 IN EACH INDIVIDUAL EVENT. ATHLETES OR COACHES MAY PICK UP THE MEDALS AT THE AWARDS TENT AFTER RESULTS HAVE BEEN POSTED.
- RESULTS WILL BE POSTED DURING THE MEET AND ALSO AVAILABLE AFTER THE MEET ON THE INTERNET (www.serrahs.com, www.lynbrooksports.com, www.dyestatcal.com, www.directathletics.com).

- THE FOLLOWING MINIMUM MARKS/OPENING HEIGHTS WILL BE ENFORCED TO KEEP EVENTS ON TIME.

| <u>EVENT</u> | <u>MARK</u> | <u>EVENT</u> | <u>MARK</u> |
|--------------|-------------|--------------|--------------|
| VB SP | 30' | VB HJ | 4' 6" |
| FSB SP | 25' | FSB HJ | 4' 0", 4' 4" |
| VB DT | 75' | VG HJ | 3' 8" |
| FSB DT | 60' | JVG HJ | 3' 6" |
| VG DT | 40' | VB PV | 7' |
| VB LJ | 15' | FSB PV | 6' 6" |
| VB TJ | 33' | VG PV | 6' |
| | | JVG PV | 6' |

***For the vertical jumps, the starting height and progression is listed. Following the height listed in high jump, the bar will climb in 2" increments; for pole vault, 6" increments.