

Junipero Serra Throwers' Meet **March 19, 2011**

Junipero Serra High School will host the 1st annual Throwers' Meet on Saturday, March 19, 2011 on the campus of the College of San Mateo. There will be Varsity and Frosh-Soph divisions for boys and girls and we will utilize both the upper and lower fields at CSM.

All interested coaches need to e-mail Jim Marheineke or Justin Lewis to receive an Excel Spreadsheet attachment for entries. You may also download this from the Serra Track and Field webpage. This method will provide efficient meet entries and eliminate the costs of using an outside source like Direct Athletics. Please contact Coach Marheineke if you have any issues with using Excel. All entries are due by Monday, March 14 at 11:00 p.m. **No meet day entries will be accepted, *INCLUDING SUBSTITUTIONS.***

Coaches are asked to limit entries to 7 or 8 throwers per division per gender to prevent large flights. The entry fee is \$10.00 per athlete regardless if the athlete is throwing one or both events. The maximum entry fee for single gender schools is \$120 and co-ed schools is \$200. Please make all checks payable to JUNIPERO SERRA HIGH SCHOOL. All entry fees must be paid on or before the day of the meet. No refunds will be given for no-shows.

Implement weigh-ins will take place from 7:50 a.m. until 8:45 a.m. on the upper field near the implement shed. Weigh-ins will again take place again from 9:45-10:45 for later field events. Athletes are asked to check in 20 minutes prior to the event start so that reasonable fights can be established.

Frosh/Soph throwers will each receive 4 throws. Varsity Athletes will be competing using the Match Play model. Each athlete will receive 3 throws. The top 8 athletes will then be re-ordered and receive a fourth throw. The top 6 athletes will be re-ordered and receive a fifth throw. The top 5 athletes will be re-ordered and receive a sixth throw. The top 4 athletes will be re-ordered and receive a seventh throw. The top 2 athletes will be re-ordered and receive an eighth and final throw. Simply put, the top 5 throwers will receive 6 throws.

The top 3 throwers in each division will receive a medal and team awards will be given to the top overall school for boys and top overall school for girls (divisions combined). The top 8 in each division will score team points.

Please observe all parking rules on the CSM campus and be respectful to the facilities. Use the attached map for appropriate parking areas. There is no parking next to the track or next to the throwing facilities.

Results will be posted during the meet and also available after the meet on the internet (www.serrahs.com, www.dyestatcal.com, www.lynbrooksports.com, www.directathletics.com).

Thank you and we look forward to seeing you on March 19!

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Junipero Serra Throwers' Meet

**March 19, 2011
Time Schedule**

9:00 AM

Boys Varsity Shot Put
Boys FS Discus
Girls Varsity Shot Put
Girls FS Discus

11:00 AM

Boys Varsity Discus
Boys FS Shot Put
Girls Varsity Discus
Girls FS Shot Put

Boys' events will take place on the upper field
Girls' events will take place inside the stadium

Implement Weigh-In's

7:45-8:45

9:45-10:45

Coaches –

Due to some unexpected circumstances, we might not host a javelin and hammer clinic following the meet. Unfortunately, it might be a late addition.

If we go forward with the clinic, we would ask athletes to pay \$20 which would include a sandwich lunch. These fees need to be separate from your entry fees for the meet.

We have commitments from Mike Lewis, Nicole (Carroll) Lewis and Kevin McMahan as clinicians and we are working on adding others.