

Saturday March 30th, 2012

The 2nd Annual



Fremont High School

*The 2nd Annual
Firebird Relays*

Saturday, March 30th, 2013

General Meet Information

- The meet begins at **9:00 am**
- Four divisions; VG, VB, F/S Girls, F/S Boys
- Lane and flight assignments will be seeded by best times and marks
- Athletes may not compete in both Varsity and F/S events
- Limit 4-athletes per team in field events, with 4 attempts
 - Combined event team will also be ranked in scoring, as well as individuals
 - Limit 6-athletes per running event
- **No additional time allowance** will be given to field event athletes with conflicting running events, the pits and rings are open. **It is up to the athletes to arrange their field attempts with their individual running schedule.**
- Limit 1-team per relay per school
- Athletic trainers will be on-site
- Meet will be held rain or shine
- Admission: \$6.00 per adult (includes programs, still \$6.00 without program), \$2.00 per student
- T-Shirts and concessions on sale

Awards

- Medals for top 3 places and top 3 relays, includes field event combinations as relays
- Meet trophy for team with most points for all four combined divisions (must score in each division)

Entry Fees and Deadlines

- Entries must be entered on **Athletics.Net** by 8:59pm, **Tuesday, March 26th**
- Individuals, \$5.00 per event, \$20.00 per relay, field event teams do not count as relay entry
- Maximum fee, \$400.00 per school
- No refund for no shows, no refunds for athletes scratched after entry fee deadline
- Entry payment must be received no later than at the gate on the day of the meet

Payment:

- Make checks payable to "Fremont High (Sunnyvale) Track & Field"

Schedule

- **Meet will start at 9:00 am**
 - Running events will follow a rolling time schedule, but will halt if meet is running more than 30-minutes ahead of planned running schedule
 - Athletes should check in at least 30 minutes before their events. For check-in, athletes are urged to pay attention to the order of events and be aware if the meet is running ahead of time
 - Those not checked in when their heat is on the line or when their field event starts, will be disqualified

Meet Directors

- Meet day, Mark Shields, Head Coach Fremont - pre-meet questions, Hank Lawson, Mark Shields
 - Please email the group with your questions; Markstrackcoach@gmail.com, Sylvmarks@yahoo.com, hanklawtrack@gmail.com

Track & Field Events *scheduled time* and order 9:00 start
(ROLLING SCHEDULE, EVENT START TIMES ARE APPROXIMATE)

1. 100m/110m/65m Hurdles 9:00
 - a. 9:00 – VG 100mH
 - b. 9:05 – FSG 100mH
 - c. 9:15 – VB 110Mh
 - d. 9:20 – FSB 65mH
2. 1600m run
 - a. 9:30 – FSG 1600m 9:30
 - b. 9:40 – FSB 1600m
 - c. 9:50 – VG 1600m
 - d. 10:00 – VB 1600m
3. 4x100m Relay 10:10
 - a. 10:10 – FSG 4X100m
 - b. 10:15 – FSB 4X100m
 - c. 10:20 – VG 4X100m
 - d. 10:25 – VB 4X100m
4. 5000m run (by gender, varsity and Fr/So will be sorted in results (Individual medals and 3-deep total time for relay)
 - a. 10:30 – Combined all together Boys & Girls 5000m (Varsity & FS simultaneously)
5. 4x800m Relay 10:55
 - a. 10:55 – FSG 4X800m
 - b. 11:10 – FSB 4X800m
 - c. 11:25 – VG 4X800m
 - d. 11:40 – VB 4X800m
6. 400m run 11:55
 - a. 11:55 – FSG 400m
 - b. 12:00 – FSB 400m
 - c. 12:05 – VG 400m
 - d. 12:10 – VB 400m

BREAK at approximately 12:15pm, plan to resume at 1:15

7. 100m dash 1:15
 - a. 1:15 – FSG 100m
 - b. 1:25 – FSB 100m
 - c. 1:35 – VG 100m
 - d. 1:45 – VB 100m
8. 800m run 1:55
 - a. 1:55 – FSG 800m
 - b. 2:00 – FSB 800m
 - c. 2:05 – VG 800m
 - d. 2:10 – VB 800m
9. 300IH (scoring 3-deep total time for relay) 1:50
 - a. 2:15 – FSG 300mH
 - b. 2:20 – VG 300mH
 - c. 2:25 – FSB 300mH
 - d. 2:30 – VB 300mH

10. 200m dash 2:40

- a. 2:40 – FSG 200m
- b. 2:45 – FSB 200m
- c. 2:50 – VG 200m
- d. 2:55 – VB 200m

11. 3200M run 3:00 (by gender, varsity and Fr/So will be sorted in results (Individual medals and 3-deep total time for relay))

- a. 3:00 – Boys , then GIRLS 3200m (VG & FSG simultaneously)

12. 4x400m relay 3:30

- a. 3:30 – FSG 4X400m
- b. 3:35 – FSB 4X400m
- c. 3:40 – VG 4X400m
- d. 3:45 – VB 4X400m

Field Events (all scoring 3-deep total team performance for relay (all three must meet minimum))

1. High Jump (1:15- open pit duration per division, starting at the below times)

- a. 9:00 – FSB HJ, start at 4'06"
- b. 10:00 – FSG HJ, start at 3'06"
- c. 11:00 – VB HJ, start at 5'00"
- d. 1:00 – VG HJ, start at 4'00"

2. Shot Put (1:15- open ring duration per division, starting at the below times)

- a. 10:00 – VG SP, minimum 20'00"
- b. 11:00 – VB SP, minimum 25'00"
- c. 1:00 – FSG SP, minimum 18'00"
- d. 2:00 – FSB SP, minimum 25'00"

3. Triple jump (90-minute open pit per division, starting at the below times)

- a. 9:00 – VB TJ, minimum 30'00"
- b. 10:00 – FSB TJ, minimum 26'00"
- c. 11:00 – VG TJ, minimum 26'00"
- d. 1:00 – FSG TJ, minimum 22'00"

4. Discus (Open ring duration per division listed below, starting at the below times)

- a. 10:00 – FSG Disc, minimum 50'00" (60-minute open ring duration)
- b. 11:00 – FSB Disc, minimum 70'00" (60-minute open ring duration)
- c. 1:00 – VG Disc, minimum 60'00" (90-minute open ring duration)
- d. 2:00 – VB Disc, minimum 80'00" (90-minute open ring duration)

5. Long Jump (90-minute open pit per division, starting at the below times)

- a. 9:00 – VG LJ, minimum 12'00"
- b. 10:00 – VB LJ, minimum 16'00"
- c. 11:00 – FSG LJ, minimum 10'00"
- d. 1:00 – FSB LJ, minimum 14'00"