

Santa Cruz Invitational

Santa Cruz High Track & Field

When: Saturday, April 13, 2013

8:00am - changes and substitutions (no additions)

9:00am - FIELD events begin (see schedule on back of this flyer)

9:30am - TRACK events begin (see schedule on back of this flyer)

Athletes need to check in 30 minutes prior to their event(s).

Where: Santa Cruz High Memorial Field

~ Located behind the school at the corner of Taylor & Myrtle Street

How: Teams must confirm participation by emailing hvb3544@sbcglobal.net by March 20, 2013

Entries: All entries must be entered on athletic.net by noon on April 10, 2013

Divisions: Boys Varsity and Girls Varsity

Entry Information: Changes and substitutions (*no additions*) will be allowed the morning of the meet starting at 8:00am. Each team may enter three (3) athletes per event; with the exception of the 1600 and 3200 teams may enter four (4) athletes for these two events. An athlete may enter a maximum of four (4) events, including relays. Each school may enter only one (2) team in each relay.

Facilities: New 8 lane all weather track, runway and apron surfaces ~ Fully automated timing system ~ Field Lynx ~ FAT Wind Gauge ~ 3/16 in (5mm) needle spikes required ~ Spikes will be checked at check-in and staging area ~ Concession stand will be open ~ No glass containers allowed ~ Please no food on the track or infield.

Awards: Medals will be awarded to the top three finishers in each event. Medals will be presented on the infield at the conclusion of each event.

Contact Information: Coach Anthony Brown - 831.334.1824 or hvb3544@sbcglobal.net

Athletic Director Erik Redding - 831.429-3960 x 308 or eredding@sccs.net

~ Please return the tear off form with your payment ~

School: _____

Coaches Name: _____ Phone #: _____ Email: _____

() Individual Athletic Fee: # of athletics _____ @ \$10 each = \$ _____

() Relay Teams: # of teams _____ @ \$15 a team = \$ _____

OR

() School Fee \$350

Make checks payable to: SCHS-Track

Mail to: Santa Cruz High-Attn: Finance Office - 415 Walnut Ave, Santa Cruz, Ca 95060

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Schedule of Events

(times subject to change upon notification)

RUNNING EVENTS

9:30 Boys 3200 run (1 heat)
Girls 3200 run (1 heat)
110 hurdles
100 hurdles
Boys 4X200 relay
Girls 4X200 relay
Boys 4X800 relay
Girls 4x800 relay
Boys 100m dash
Girls 100m dash
Boys 400m dash
Girls 400m dash
LUNCH BREAK
Boys 300 int. hurdles
Girls 300 low hurdles
Boys 4X100 relay
Girls 4X100 relay
Boys 800m run
Girls 800m run
Boys 200m dash
Girls 200m dash
Boys 1600m run (2 heats)
Girls 1600m run (2 heats)
Boys 4X400 relay
Girls 4X400 relay

FIELD EVENTS

8:00 Warm-up
9:00 Girls Shot Put (4 flights)
Boys Discus Throw (4 flights)
Girls Long Jump
Boys Long Jump
Girls High Jump (start 4'-up by 2")

11:00 Warm up
Boys Shot Put (4 flights)
Girls Discus Throw (4 Flights)
Boys Triple Jump
Girls Triple Jump
Boys High Jump (start 5'-up by 2")

POLE VAULT

9:30 - 12:00 Girls (7' up 6")
12:30 - 3:00 Boys (9' up 6")

RULES & REGUALTIONS

- ~ All field event participants will be given three (3) attempts.
- ~ No false starts will be allowed.
- ~ Coaches and athletes are to stay off the infield at all times unless called for.
- ~ No amplified music is allowed.
- ~ Athletes will be scratched if they are not checked in by the "third" call.
- ~ All applicable CIF regulations shall be enforced

We can accomplish anything when we put our feet together!