

Saturday March 29th, 2014

The 3rd Annual



Fremont High School

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Firebird Relays

Saturday, March 29th, 2014

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 (*must be at least 3 athletes for relay 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 (*school must have at least three competitors in the event to constitute a team-combination relay*)
- 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 25th**
- 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).
Coaches – please limit your entries to kids who you believe can finish 3.1 miles in about 25-minutes or less, as the length of these events are key to the over-all meet schedule
 - a. **Girls, then Boys 5000m (Varsity & FS simultaneously)**
 - i. **10:30**– All girls 5000m
 - ii. **11:00**– All boys 5000m
5. 4x800m Relay **11:25**
 - a. **11:25**– FSG 4X800m
 - b. **11:40** – FSB 4X800m
 - c. **11:55** – VG 4X800m
 - d. **12:10** – VB 4X800m
6. 400m run **12:35**
 - a. **12:35** – FSG 400m
 - b. **12:40** – FSB 400m
 - c. **12:45** – VG 400m
 - d. **12:50** – VB 400m

BREAK at approximately 1:00pm, plan to resume at 1:30

7. 100m dash **1:30**
 - a. **1:30** – FSG 100m
 - b. **1:40** – FSB 100m
 - c. **1:50** – VG 100m
 - d. **2:00** – VB 100m
8. 800m run **2:10**
 - a. **2:10** – FSG 800m
 - b. **2:15** – FSB 800m
 - c. **2:20** – VG 800m
 - d. **2:25** – VB 800m

9. **300IH** (scoring 3-deep total time for relay) **2:40**
 - a. **2:40** – FSG 300mH
 - b. **2:45** – VG 300mH
 - c. **2:50** – FSB 300mH
 - d. **2:55** – VB 300mH
10. **200m dash** **3:10**
 - a. **3:15** – FSG 200m
 - b. **3:20** – FSB 200m
 - c. **3:25** – VG 200m
 - d. **3:30** – VB 200m
11. **3200M run** **3:40** (by gender, varsity and Fr/So will be sorted in results (Individual medals and 3-deep total time for relay))
 - a. **3:40** – Boys , then GIRLS 3200m (VG & FSG simultaneously)
 - i. **3:40** – Boys
 - ii. **3:55** – Girls
12. **4x400m relay** **4:20**
 - a. **4:20** – FSG 4X400m
 - b. **4:30** – FSB 4X400m
 - c. **4:40** – VG 4X400m
 - d. **4:50** – 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. **1:30** – 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. **1:30** – FSG SP, minimum 18'00"
 - d. **2:30** – 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. **1:30** – 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. **1:30** – VG Disc, minimum 60'00" (90-minute open ring duration)
 - d. **2:30** – 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. **1:30** – FSB LJ, minimum 14'00"