

Saturday March 28th, 2015

The 4th Annual



Fremont High School

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Firebird Relays

Saturday, March 28th, 2015

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 24th**
- Individuals, \$5.00 per event, \$20.00 per relay, field event teams do not count as relay entry
- Maximum fee, \$325.00 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 time schedule in the morning, and then a rolling schedule after the 1:00-to-1:30 break
 - 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

• **The 1st half of the track events will run by scheduled time, after the break, run by ROLLING SCHEDULE**

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 9:30
 - a. 9:30 – FSG 1600m
 - 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. Distance Medley Relay (1200m, 400m, 800m, 1600m) 10:35
 - a. 10:35 – FSG DMR
 - b. 10:50 – FSB DMR
 - c. 11:05 – VG DMR
 - d. 11:20 – VB DMR
5. 400m run 11:35
 - a. 11:35 – FSG 400m
 - b. 11:40 – FSB 400m
 - c. 11:45 – VG 400m
 - d. 11:50 – VB 400m
6. 4x800m Relay 11:55
 - a. 11:55 – FSG 4X800m
 - b. 12:10 – FSB 4X800m
 - c. 12:25 – VG 4X800m
 - d. 12:40 – VB 4X800m

BREAK at approximately 1:00pm, plan to resume at 1:30 – Rolling schedule after the Break

7. 100m dash 1:30
 - a. FSG 100m
 - b. FSB 100m
 - c. VG 100m
 - d. VB 100m
8. 800m run
 - a. FSG 800m
 - b. FSB 800m
 - c. VG 800m
 - d. VB 800m
9. 300IH (scoring 3-deep total time for relay)
 - a. FSG 300mH
 - b. VG 300Mh
 - c. FSB 300mH
 - d. VB 300mH

10. 200m dash
 - a. FSG 200m
 - b. FSB 200m
 - c. VG 200m
 - d. VB 200m
11. 3200M run (by gender, varsity and Fr/So will be sorted in results (Individual medals and 3-deep total time for relay)
 - a. **GIRLS, then BOYS 3200m** (simultaneously VG & FSG , then VB & FSB)
12. 4x400m relay
 - a. FSG 4X400m
 - b. FSB 4X400m
 - c. VG 4X400m
 - d. VB 4X400m

Field Events – Will be run by scheduled times during the complete competition

(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 4'04"
 - b. **10:15** – FSG HJ, start at 3'04"
 - c. **11:30** – VB HJ, start at 4'10"
 - d. **1:30** – VG HJ, start at 3'10"
2. Shot Put (*1:15- open ring duration per division, starting at the below times*) **Last attempt will be marked.**
 - a. **10:00** – VG SP, minimum 20'00"
 - b. **11:15** – VB SP, minimum 25'00"
 - c. **1:30** – FSG SP, minimum 18'00"
 - d. **2:45** – FSB SP, minimum 25'00"
3. Triple jump (*90-minute open pit per division, starting at the below times*) **Last attempt will be marked**
 - a. **9:00** – VB TJ, minimum 30'00"
 - b. **10:30** – FSB TJ, minimum 26'00"
 - c. **12:00** – VG TJ, minimum 26'00"
 - d. **2:00** – FSG TJ, minimum 22'00"
4. Discus (*Open ring duration per division listed below, starting at the below times*). **Last attempt will be marked.**
 - a. **10:00** – FSG Disc, minimum 50'00" (*60-minute open ring*)
 - b. **11:00** – FSB Disc, minimum 70'00" (*60-minute open ring*)
 - c. **1:30** – VG Disc, minimum 60'00" (*90-minute open ring*)
 - d. **3:00** – VB Disc, minimum 80'00" (*90-minute open ring*)
5. Long Jump (*90-minute open pit per division, starting at the below times*). **Last attempt will be marked**
 - a. **9:00** – VG LJ, minimum 12'00"
 - b. **10:30** – VB LJ, minimum 16'00"
 - c. **12:00** – FSG LJ, minimum 10'00"
 - d. **2:00** – FSB LJ, minimum 14'00"