

Junipero Serra Top 7 Invitational **April 11, 2015**

Junipero Serra High School will host the 28th annual Serra Top 7 Invitational track meet on Saturday, April 11, 2015. There will be Varsity and Frosh-Soph divisions for boys and Varsity and Junior Varsity divisions for girls (Girls must be in grades 9-11).

We will have divisions split during the day to minimize the time athletes are at the meet and create a much crisper, competitive environment for the divisions.

A few policies for athletes and coaches:

1. All athletes in running events must check in with the clerk of the course on the blacktop area behind the stadium 40 minutes prior to the start of their event so that scratches may be made and heats condensed. Athletes not checked in will be scratched from their event. Athletes must report back 15 minutes prior to the start of their event for heat and lane assignments and hip numbers.
2. All field event athletes are asked to check in no later than 15 minutes prior to the start of their event so flights may be established. Athletes not checked in will be scratched from their event. Each *VARSITY* athlete will receive 3 attempts in the shot, discus, long jump and triple jump with the top 7 athletes qualifying for finals and 3 more attempts. Each *Frosh-Soph/JV* athlete will receive 4 attempts in the shot, discus, long jump and triple jump with no finals.
3. All running events will be final.
4. All warm ups should take place on the baseball outfield grass, not inside the track stadium. **All athletes are asked to stay off the baseball infield and out of the dugouts.**
5. All team tents should be set up in the aluminum bleachers on the west side of the stadium or in designated areas on the baseball outfield grass.
6. Implement weigh-ins will take place from 7:50 a.m. until 8:45 a.m. inside the track storage building at the far end of the east side straightaway. Weigh-ins will again take place from 12:00 to 1:00 for later field events.
7. No food of any kind is allowed on the infield. This especially includes sunflower seeds
8. If you will be traveling by school or charter bus, please contact Coach Marheineke prior to the meet for parking and drop off instructions.
9. The meet will be held, rain or shine!

Timing will be done by a FinishLynx fully automated system. Results will be posted during the meet and also available after the meet on the internet (www.serrahs.com, www.prepcaltrack.com, www.lynbrooksports.com, www.directathletics.com, www.crosscountryexpress.com). Medals will be awarded to the top *six* finishers in each individual event and top *three* teams in relay events for each division. Awards will also be given for the winning teams in each division.

ALL ENTRIES MUST BE COMPLETED ON www.directathletics.com. You will need to have a free account set up with Direct Athletics prior to entering athletes. Any questions should be directed to Direct Athletics or Coach Marheineke. ***Because this is an invitational, any teams that have not been regular attendees to previous Top 7 meets must contact Coach Marheineke prior to April 1 in order to be allowed to add athletes on Direct Athletics.*** All entries MUST BE ENTERED BY Monday, April 6. In keeping with the spirit and tradition of the Top 7, we encourage you to enter athletes of all ability levels. With that in mind, however, we ask that you are respectful of the need to keep heats and flights to appropriate amounts. **No more than 4-5 athletes per school, per division, per event, please (ONLY 4 PER DIVISION IN POLE VAULT).** Contact Coach Marheineke if you have any concerns about the entry limits. **IN PREVIOUS YEARS, COACHES DISREGARDED THIS REQUEST, CAUSING THE MEET TO RUN LATE BECAUSE OF THE SIZES IN VARIOUS EVENTS.**

No meet day entries will be accepted, INCLUDING SUBSTITUTIONS. All entry fees must be paid on or before the day of the meet. No refunds will be given for no-shows.

The entry fee is \$5.00 per athlete per event and \$10.00 per relay team. The maximum fee is \$275.00 per school. Please make all checks payable to JUNIPERO SERRA HIGH SCHOOL. Any school with major budget concerns, please contact Coach Marheineke!

Heat sheets and an updated time schedule will be posted on our school athletics website, www.serrahs.com, then click on Athletics, by Friday, April 10. They should also be available on www.lynbrooksports.com and www.crosscountryexpress.com as well as emailed to registered coaches.

A snack bar will be open during the meet. T-shirts and programs will also be sold. Admission will be charged at the entrance gate for spectators.

In the event that field event sizes become large, reasonable minimum marks and opening heights based on entry marks will be established in the interest of time.

Thank you and we look forward to seeing you on April 11!

Jim Marheineke, Head Track and Field Coach
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Approximate Time Schedule

RUNNING EVENTS

9:00 Girls Varsity 400m Relay
Boys Varsity 400m Relay

1:45 Girls JV 400m Relay
Boys FS 400m Relay

9:15 Girls Varsity 1600m
Boys Varsity 1600m

2:00 Girls JV 1600m
Boys FS 1600m

9:45 Girls Varsity 100m Hurdles
Boys Varsity 110m HH

2:30 Girls JV 100m Hurdles
Boys FS 65m HH

10:05 Girls Varsity 400m
Boys Varsity 400m

2:50 Girls JV 400m
Boys FS 400m

10:35 Girls Varsity 100m
Boys Varsity 100m

3:20 Girls JV 100m
Boys FS 100m

11:00 Girls Varsity 800m
Boys Varsity 800m

3:45 Girls JV 800m
Boys FS 800m

11:25 Girls Varsity 300m Hurdles
Boys Varsity 300m Hurdles

4:10 Girls JV 300m Hurdles
Boys FS 300m Hurdles

11:55 Girls Varsity 200m
Boys Varsity 200m

4:40 Girls JV 200m
Boys FS 200m

12:35 Girls Varsity 3200m
Boys Varsity 3200m

5:20 Girls JV 3200m
Boys FS 3200m

1:25 Girls Varsity 1600m Relay
Boys Varsity 1600m Relay

6:00 Girls JV 1600m Relay
Boys FS 1600m Relay

FIELD EVENTS

9:00 AM

Boys Varsity Shot Put
Girls Varsity Discus
Girls Varsity Pole Vault
Girls Varsity High Jump
Boys Varsity Long Jump
Girls Varsity Triple Jump

11:00 AM

Girls Varsity Shot Put
Boys Varsity Discus
Boys Varsity Pole Vault
Boys Varsity High Jump
Girls Varsity Long Jump
Boys Varsity Triple Jump

1:30 PM

Boys FS Shot Put
Girls JV Discus
Girls JV Pole Vault
Girls JV High Jump
Boys FS Long Jump
Girls JV Triple Jump

3:30 PM

Girls JV Shot Put
Boys F/S Discus
Boys F/S Pole Vault
Boys F/S High Jump
Girls JV Long Jump
Boys F/S Triple Jump