

**10<sup>th</sup> Annual**  
**Willow Glen Track and Field Invitational**  
**Willow Glen High School**  
**Saturday, March 7' 2015**

The 10<sup>th</sup> annual Willow Glen Track and Field Invitational will be held On Saturday, March 7, 2015. The meet will be held on the outstanding track facility at Willow Glen High School at 2001 Cottle Avenue, San Jose,

CA 95125. This year we will have all levels of competition: Varsity Boys,

Varsity Girls, Frosh/Soph Boys, Frosh/Soph Girls. Please review Starting Blocks techniques.

Entry Fee: \$5.00 per event for individuals and \$15.00 per relay team, or Maximum of \$400 per school. (includes both Boys and Girls teams).

Note: Entry Fees must be paid prior to the invitational or at the entrance Gate on Saturday March 7, 2015.

All Entries must be submitted to **[www.directathletics.com](http://www.directathletics.com) only!!!**

**(Do not phone, fax, or email entries to the meet director.)**

**Entry Deadline:** All entries must be received by Direct Athletics before

**Midnight, Tuesday, March 3<sup>rd</sup>.** No updates after the entry deadline.

All coaches can verify entries on Wednesday, March 4<sup>th</sup> at

**[www.directathletics.com](http://www.directathletics.com)**

**Scratches:** If you need to scratch an athlete before the entry deadline,

**Contact the Directathletics Website.** Scratches after the entry deadline should be e-mailed to [Johnsport408@yahoo.com](mailto:Johnsport408@yahoo.com) or Jim Clark at [Jim\\_Clark@pacbell.net](mailto:Jim_Clark@pacbell.net)

**Make checks payable to:** Willow Glen Track Fund

**Send check to: Willow Glen High School Track  
2001 Cottle Avenue  
San Jose, CA 95125**

**General Information:**

**Award medals to 1,2,3,4<sup>th</sup> place finishers**

**Admission: Adults: \$6.00 Students: \$ 2.00**

**Finish Lynx Timing System on the finish line**

**Lane Assignments seeded by best marks submitted**

**Athletic Trainer will be available at the meet**

**Programs (\$2) T-shirts (\$15) for sale; concessions**

**Stand will be open.**

**Meet Director: John Owens (408) 624-6960**



# Willow Glen Track and Field Invitational

10<sup>th</sup> Annual

Saturday, March 7, 2015

**Field Events: Check in 30 minutes prior to event.**

**8:30 AM.**

F/S High Jump  
F/SG Discus  
F/S Shot Put  
F/S Long Jump  
VB Triple Jump  
F/S Pole Vault

**10:30 AM**

VB High Jump  
VG Discus  
VB Shot Put  
VB Long Jump  
VG Triple Jump  
F/SG Pole Vault

**12:30 PM**

F/SG High Jump  
F/S Discus  
F/SG Shot Put  
F/SG Long Jump  
F/SG Triple Jump  
VG Pole Vault

**2:30 PM**

VG High Jump  
VB Discus  
VG Shot Put  
VG Long Jump  
F/S Triple Jump  
VB Pole Vault

**Track Events (Rolling Time Schedule)**

<b><u>9:00 AM</u></b>	<b>F/S</b>	<b>3200m Run</b>
<b>9:20 AM</b>	<b>F/SG</b>	<b>3200m Run</b>
<b>940: AM</b>	<b>F/S, F/SG, VG, VB,</b>	<b>4x100 Relays</b>
<b>10:30 AM</b>	<b>VG, F/SG, VB, F/S</b>	<b>Hurdles</b>
<b>11:15 AM</b>	<b>VG</b>	<b>3200m Run</b>
<b>11:30 AM</b>	<b>F/S, F/SG, VG,VB.</b>	<b>100m</b>
<b>12:00 PM</b>	<b>VB</b>	<b>3200m Run</b>
<b>Break</b>		
<b><u>12:30 PM</u></b>	<b>VG, VB, F/S, F/SG</b>	<b>200m</b>

<b>1:30 PM</b>	<b>VG, VB, F/SG, F/S</b>	<b>800m</b>
<b><u>Track Events</u></b>		
<b>2:30 PM</b>	<b>F/SG, VG, F/S, VB</b>	<b>300m IH</b>
<b>3:15 PM</b>	<b>VG, VB, F/SG, F/S</b>	<b>400 m</b>
<b>4:00 PM</b>	<b>VG, VB, F/S, F/SG</b>	<b>1600m</b>
<b>5:00 PM</b>	<b>F/SG, F/S, VG, VB</b>	<b>4x400 Relay</b>

**(All Athletes should check in one hour prior to their events.)**