

Bill Kearney Invitational
Salinas High Track & Field
April 16, 2016

Coaches,

Welcome to the 27th annual Bill Kearney Invitational. Once again, the meet will be held at Hartnell College in Salinas.

We would like to accommodate as many schools as possible this year, but are limited to about 40. If your team has not attended our meet in the last few years or you are outside the Central Coast Section (CCS), please contact Roger Chagnon at chagnon@ultimanet.com.

All entries must be completed at www.athletic.net by April 12th at midnight.

We look forward to another great meet and hope to see you there!

Roger Chagnon
Salinas HS Track & Field
Meet Director – Bill Kearney Invitational

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April 16, 2016

Host: Salinas High Track & Field

Contact: Roger Chagnon, Meet Director
(831) 261-0780 cell; (831) 770-0919 home; chagnon@ultimanet.com

Location: Hartnell College, Salinas, California

Facilities: Nine lane All-Weather track and runways. Spikes, 1/4 inch or less, are allowed on the track surface. Spikes longer than 1/4 inch will not be allowed and the athlete will be disqualified for that event. All shoes will be checked at the clerk of the course station at the time of checking in.

Time: Field events will start at **8:30 a.m.** See attached schedule.

Track events will start at **10:00 a.m.** See attached schedule. **All track events are straight finals.**

- Entries:**
1. Entries are to be entered at <http://www.athletic.net> and must be received by **Tuesday April 12, 2016 at 11:59 p.m.** The meet manager will send each accepted team a confirmation email on Thursday April 14, 2016.
 2. Each team may enter **2** athletes per division in each event. **No entries over this limit will be accepted.**
 3. A name, time / distance mark **MUST** accompany each entry. Please enter **2016 marks only** and be as **honest & accurate** as possible.
 4. **NO ADDITIONS** will be accepted after the deadline and **NO ADDITIONS, WILL BE MADE ON MEET DAY!**
Substitutions may be made up to 8 p.m. Thursday April 14th by phone or email. On meet day, substitutions will only be made up to 8:15 a.m. for field events and 9:00 a.m. for running events. Once the meet starts, no substitutions will be allowed.

Fees: Entry fees are as follows: \$4.00 per entry (per individual event) and \$10.00 per relay team. Schools will be charged for the number of **ORIGINAL** entries received.
No refunds will be made for no shows! Entry fees must be paid the day of the meet or school purchase order must be presented.

Please make checks payable to **Salinas High Track & Field** and send to:

Salinas High Track & Field
726 South Main Street
Salinas, California 93901
Attn: Roger Chagnon

Check-in: ***IMPORTANT*** For all track events, athletes must check in at the clerk's table by guidelines established in the attached Check-in Procedures. Runners will be scratched if they have not checked in by the time the check-in sheet leaves the clerk's table. Coaches, please make sure your athletes understand that it is their responsibility to check into an event. **See attached check-in procedures.**

Field event athletes will check in at the event location prior the start.

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Admission: Spectator admission is free.

Seating: **The bleachers are for spectators only.** No teams are allowed to “camp” on the infield. Teams may “camp” around the perimeter of the track.

Warm-up: All warm-up will be conducted outside the track area. **No warm up allowed on the track or infield.**

Scoring: Events will be scored in the following order: 10 – 8 – 6 – 4 – 2 – 1
Alternates who place will count toward team scores.

Awards: Medals will be awarded for 1st thru 5th place in each event for all four divisions.
A team trophy will be awarded to the top team in each division.

T-shirts: A limited supply of T-shirts will be available on meet day.

Weights: All throwing implements must be weighed prior to competition. A weighing station will be set up near the shot put ring.

Coaches Meeting A meeting will be held prior to the start of the track events (approx. 9:15 a.m.).

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DEADLINE: Tuesday April 12th at 11:59 p.m.

Entries shall be made at <http://www.athletic.net>; questions can be emailed to chagnon@ultimanet.com.

Entry Fees

School: _____ Fax #: _____

Coach: _____ Phone: _____

Please include your email address on the entry forms for quick confirmation of entry receipt.

Email address: _____

Event Fee: \$4.00 per entry / \$10.00 per relay team

Division: Boys Varsity # of Entries _____ x \$4.00 = _____

 Girls Varsity # of Entries _____ x \$4.00 = _____

 Boys F/S # of Entries _____ x \$4.00 = _____

 Girls F/S # of Entries _____ x \$4.00 = _____

Sub Total = _____

Total # of Relays _____ x \$10.00 = _____

TOTAL = _____

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Salinas, CA 93901
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CHECK-IN PROCEDURES

Check-in Procedures – Field Events

All field events will check in at the event site (boys long/ triple jump will be on the outside pit, girls on the infield pit)

Opening Heights and Progressions

High Jump

F/S Girls: 3'-10", 4'-1", 4'-4", 4'-6", 4'-8", etc

Var Girls: 4'-0", 4'-3", 4'-6", 4'-8", 4'-10", etc

F/S Boys: 4'-8", 4'-11", 5'-2", 5'-4", 5'-6", etc

Var Boys: 5'-0", 5'-3", 5'-6", 5'-8", 5'-10", etc

Pole Vault

F/S Girls: 6'-0", 6'-6", 7'-0", 7'-6", 8'-0", etc

Var Girls: 7'-0", 7'-6", 8'-0", 8'-6", 9'-0", etc

F/S Boys: 7'-6", 8'-0", 8'-6", 9'-0", 9'-6", etc

Var Boys: 9'-0", 9'-6", 10'-0", 10'-6", 11'-0", etc

Check-in Procedures – Running Events:

The clerk of the course will be located behind the start of the 100 meters. It is important that your athletes check in early, especially in the lane races. Lane assignments will not be given until prior to the start of the race. The check-in sheets will be pulled at the times designated below. If an athlete has not checked in by the time the sheets are pulled, then they will be dropped from the event, **NO EXCEPTIONS**. Races will then be seeded.

The following procedures will take place for check-in:

- All athletes in the **Frosh/Soph 3200 meters** must be checked in by 9:40 a.m.
- All **4x100 relay teams** must be checked in by end of the F/S Girls 3200.
- All athletes in the **1600 meters** must be checked in by the end of the F/S Boys 3200.
- All athletes in the **High Hurdles** must be checked in by the end of the V Boys 4x100.
- All athletes in the **400 meters** must be checked in by the end of the V Girls High Hurdles.
- All athletes in the **100 meters** must be checked in by the end of the F/S Boys 400.
- All athletes in the **800 meters** must be checked in by the end of the Var Girls 100.
- All athletes in the **300 hurdles** must be checked in by the end of the Var Girls 800.
- All athletes in the **200 meters** must be checked in by the end of the V Girls 300 hurdles.
- athletes in the **Varsity 3200 meters** must be checked in by the start of the F/S Boys 200.
- All **4x400 relay teams** must be checked in by the start of the Varsity 3200.

If an athlete is not checked in by the time the check-in sheet is pulled, they will be **scratched** from that event. We want to ensure that the middle lanes are filled in the trials so that the fastest people will have the best chance to qualify to the finals. We also want to make sure the fast heats in the finals are as full as possible. We strongly suggest that once the F/S 3200 meters has begun, that you tell your athletes to check in to their other running events.

****Meet Management will not allow an athlete into the race once the sheets have been pulled from the check-in table and the race has been seeded.****

2016 Bill Kearney Invitational

Salinas High Track Field

Order of Events

10:00 A.M. - TRACK

3200 Meters

F/S Girls, F/S Boys

4x100 Meter Relay (Fast - Slow)

F/S Girls, F/S Boys, V Girls, V Boys

1600 Meters (Fast - Slow)

V Girls, V Boys, F/S Girls, F/S Boys

100 / 110 / 65 Meter Hurdles (Fast - Slow)

F/S Girls, V Girls, V Boys, F/S Boys

400 Meters (Fast - Slow)

F/S Girls, F/S Boys, V Girls, V Boys

100 Meters (Fast - Slow)

F/S Girls, F/S Boys, V Girls, V Boys

800 Meters (Fast - Slow)

F/S Girls, F/S Boys, V Girls, V Boys

300 Meter Hurdles (Fast - Slow)

F/S Girls, V Girls, F/S Boys, V Boys

200 Meters (Fast - Slow)

F/S Girls, F/S Boys, V Girls, V Boys

3200 Meters

V Girls, V Boys

4x400 Meter Relay (Fast - Slow)

F/S Girls, F/S Boys, V Girls, V Boys

FIELD

8:30 A.M. Group 1

Discus (3 attempts only) F/S Girls

8:45 A.M. Group 2

Shot Put V Girls

Long Jump V Boys

Triple Jump V Girls

9:00 A.M. Group 3

High Jump F/S Boys

Pole Vault F/S Girls

Immediately Following Group 1, 2 & 3

Group 4

Shot Put V Boys

Discus (3 attempts only) F/S Boys

Long Jump (3 attempts only) F/S Girls

Triple Jump (3 attempts only) F/S Boys

High Jump V Boys

Pole Vault V Girls

Immediately Following Group 4

Group 5

Shot Put (3 attempts only) F/S Boys

Discus V Girls

Long Jump V Girls

Triple Jump V Boys

High Jump V Girls

Pole Vault V Boys

Immediately Following Group 5

Group 6

Shot Put (3 attempts only) F/S Girls

Discus V Boys

Long Jump (3 attempts only) F/S Boys

Triple Jump (3 attempts only) F/S Girls

High Jump F/S Girls

Pole Vault F/S Boys