### JUNIPERO SERRA THROWERS' MEET

MARCH 26, 2016

Junipero Serra High School will host the 6<sup>th</sup> annual Throwers' Meet on Saturday, March 26, 2016 on the campus of the College of San Mateo. There will be Varsity and Frosh-Soph divisions for boys and girls.

All interested coaches need to enter athletes at: http://tinyurl.com/serrathrowersmeet2016 by Monday, *March 20* at 9:00 p.m..

#### No meet day entries will be accepted, INCLUDING SUBSTITUTIONS.

Coaches are asked to limit entries to 5 or 6 throwers per division per gender to prevent large flights. The entry fee is \$10.00 per athlete regardless if the athlete is throwing one or both events. The maximum entry fee for single gender schools is \$100 and co-ed schools is \$200. Please make all checks payable to JUNIPERO SERRA HIGH SCHOOL. All entry fees must be paid on or before the day of the meet. No refunds will be given for no-shows. The meet will be contested, rain or shine.

Implement weigh-ins will take place from 7:50 a.m. until 8:45 a.m. on the lower field near the shot put rings. Weigh-ins will again take place again from 9:45-10:45 for later field events. Athletes are asked to check in 20 minutes prior to the event start so that reasonable fights can be established.

Frosh/Soph throwers will each receive 4 throws. Varsity Athletes will be competing using the Match Play model. Each athlete will receive 3 throws. The top 8 athletes will then be re-ordered and receive a fourth throw. The top 6 athletes will be re-ordered and receive a fifth throw. The top 5 athletes will be re-ordered and receive a sixth throw. The top 4 athletes will be re-ordered and receive a seventh throw. The top 2 athletes will be re-ordered and receive an eighth and final throw. Simply put, the top 5 throwers will each receive 6 throws.

The top 3 throwers in each division will receive a medal and team awards will be given to the top overall school for boys and top overall school for girls (divisions combined). The top 8 in each division will score team points.

Please observe all parking rules on the CSM campus and be respectful to the facilities. Use the attached map for appropriate parking areas. There is no parking next to the track or next to the throwing facilities.

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.crosscountryexpress.com).

Thank you and we look forward to seeing you on March 26!

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# JUNIPERO SERRA THROWERS' MEET

## MARCH 2, 2016

# TIME SCHEDULE

#### 9:00 AM

Boys Varsity Shot Put Boys FS Discus Girls Varsity Shot Put Girls FS Discus

#### 11:00 AM

Boys Varsity Discus Boys FS Shot Put Girls Varsity Discus Girls FS Shot Put

Implement Weigh-In's 7:45-8:45 9:45-10:45

