

**14TH ANNUAL
ALISAL HIGH SCHOOL TRACK & FIELD FESTIVAL INVITATIONAL
Saturday, April 29, 2017**

Host: Alisal High School Track & Field

Location: Alisal High School Stadium
Alisal High School, 777 Williams Road, Salinas, California

Facilities: 8 lane All-Weather track and runways. Athletes must wear spikes that are ¼ inch or less. **TRACK EVENTS WILL BE TIMED AUTOMATICALLY.**

Time: **Field events** will start at **9:30 a.m.** and will continue to completion. Depending upon the number of entries, flights may be used to reduce the field in each event to a final nine competitors.

Track events will start at **10 a.m.** with the F/S 3200. Every track event will go from Slow-Fast. **Track Finals, with the exception of the F/S boys and girls 3200m** will start per the order of events enclosed.

Admissions: Adults \$4.00, Students with ASB \$1.00, Students without ASB, \$2.00 and children under 12 \$1.00.

Entries: ALL ENTRIES WILL BE DONE THROUGH Athletic.net by 10:00 p.m. April 25, 2017.

- a. Each team may enter a max of 5 athletes per division in each of the events.

Contact info: **Meet Director: Ignacio Mendez**
CELL#: 1-704-530-4192
EMAIL: ignacio.mendez@salinasuhd.org

Awards: Medals will be awarded for 1st-3rd places in each event for the Varsity & Frosh/Soph divisions. Team Scoring will be 10-8-6-4-2-1

Fees: Entry Fees are as follows: \$4.00 per individual event entry and \$12.00 per relay team. MAX ENTRY FEE LIMIT \$400. **No refunds will be made for no shows.** MAKE CHECKS PAYABLE TO "ALISAL HIGH TRACK & FIELD." It would be appreciated if checks are mailed prior to the meet, or brought the day of the meet.

Send checks to: **Alisal High School**
Attention: Ignacio Mendez Track & Field
777 Williams Rd
Salinas, CA 93905

TRACK EVENTS

10 a.m. Track Events Begin

3200 Meters (Slow-Fast)

F/S Girls, F/S Boys

4 x 100 Meter Relay (Slow-Fast)

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

30 minute break

1600 Meters (Slow-Fast)

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

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

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

400 Meters (Slow-Fast)

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

100 Meters (Slow-Fast)

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

800 Meters (Slow-Fast)

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

300 Meter Hurdles (Slow-Fast)

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

200 Meters (Slow-Fast)

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

3200 Meters (Slow-Fast)

V Girls, V Boys

4 x 400 Meter Relay (Slow-Fast)

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

FIELD EVENTS

9:30 a.m. Field Events Begin

Group 1

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

Immediately Following Group 1

Group 2

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

Immediately Following Group 2

Group 3

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

Immediately Following Group 3

Group 4

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

Alisal Invite Records Boys

Boys Varsity

100 meters	10.92	5/1/04	Ronnie Drummer – North Salinas High
200 meters	21.92	4/29/06	Alex Harvin – Monterey High
400 meters	48.63	4/29/06	Mike Phillips – Monterey High
800 meters	1:55.35	4/30/16	Raul Barraza – North Salinas
1600 meters	4:19.03	4/30/11	Donald Plazado – Willow Glen
3200 meters	9:31:28	4/27/13	Jose Herrera – Madera South
100 hurdles	14.69	4/30/05	L.J Lumpkin – Palma High
300 hurdles	38.98	4/29/06	Oliver Shabram – Carmel High
High Jump	6-04	4/30/05	Marco Ledesma – Templeton
		4/27/13	Raymond Silver – Watsonville
Pole Vault	15-2	4/24/10	Keith Rayburn – North County High
Long Jump	22-02.25	4/27/07	Reggie Topps – North County High
Triple Jump	45-08	4/29/06	Maverick Crawford - Alisal
Discus	160-02	4/26/14	Mario Gonzalez – North High
Shot Put	52-6	4/30/11	Richie Casas – North County
4x100 Relay	43.43	5/1/04	North Salinas High
4x400 Relay	3:21.90	4/29/06	Monterey High

Boys Frosh-Soph

100 meters	11.41	4/25/09	Gary Moore – Sacred Heart Prep
200 meters	23.03	4/30/11	Avery Lopez – Salinas High
400 meters	52.55	4/25/09	Eddie Ruana – Alvarez
800 meters	2:03.08	4/24/10	Mitch Martin – Half Moon Bay
1600 meters	4:31.85	4/24/10	Mitch Martin – Half Moon Bay
3200 meters	9:55.30	4/24/10	Sam Hales – King City
65 hurdles	9.34	4/24/10	Austin Decker – North County
300 hurdles	42.59	5/1/04	Maverick Crawford – Alisal High
High Jump	6-2.25	4/28/12	Raymond Silver – Watsonville High
Pole Vault	12-00	4/27/13	Norman Napolitano – North Salinas
	12-00	4/30/16	Bryan Zamudio -NMC
Long Jump	20-00	5/1/04	John Edwards – North County
Triple Jump	42-08	5/1/04	Maverick Crawford – Alisal High
Discus	130-07	4/29/06	Chris Brandy – North Salinas High
Shot Put	51-02.5	4/25/09	Richie Casas – North County
4x100 Relay	45.73	4/26/14	Piedmont Hills
4x400 Relay	3:40	4/30/05	Salinas High

Alisal Invite Records Girls

Girls Varsity

100 meters	12.05	4/27/13	Jayla Scholis – Seaside
200 meters	24.51	4/27/13	Jayla Scholis – Seaside
400 meters	55.82	4/27/13	Ellisa Bryant – Piedmont Hills
800 meters	2:12.64	4/25/09	Jordan Hasay –Mission College
1600 meters	5:08.23	4/29/06	Jessica Vanausdall – Aptos High
3200 meters	11:10.74	4/30/05	Michelle Meyer – Carmel High
100 hurdles	15.01	4/24/10	Abrianna Torres – San Luis Obispo
300 hurdles	45.84	4/24/10	Abrianna Torres – San Luis Obispo
High Jump	5-04	4/30/05	Leah Parsons – Notre Dame High Salinas
Pole Vault	11-07	4/30/05	Kate Almond – Gonzalez High
Long Jump	19-0	4/24/10	Abrianna Torres – San Luis Obispo
Triple Jump	37-7	4/24/10	Abrianna Torres – San Luis Obispo
Discus	136-07	4/27/13	Brianna Cueva – Watsonville
Shot Put	42-08.5	4/25/09	Markita Hinton – Atascadero
4x100 Relay	48.03	4/28/12	Piedmont Hills
4x400 Relay	4:03.6	4/25/15	Piedmont Hills

Girls Frosh-Soph

100 meters	12.86	4/30/11	Natalia Magana-Garcia – Salinas High
200 meters	26.86	4/30/11	Linda Delgado – North County
400 meters	1:00.90	4/30/16	Daniela Salazar - Watsonville
800 meters	2:26.27	4/30/05	Kirsten White – Salinas High
1600 meters	5:27.21	4/30/05	Amy Schnittger – Aptos
3200 meters	12:02.54	5/1/04	Rosa Valenzuela – Alisal High
100 hurdles	17.61	4/30/05	Heather Barnes – Salinas
300 hurdles	48.95	4/30/11	Salena Freedman – Santa Cruz
High Jump	5-2	4/24/10	Jessica Davis – King City
Pole Vault	9-00	4/30/05	Cleary Wunder – Scotts Valley
		4/28/12	Victoria Teraji –North County
Long Jump	16-2.5	4/24/10	Rehonda Lewis – North Salinas
Triple Jump	33-10.5	4/26/08	Maria Suarez – Alisal
Discus	109-10.5	4/24/10	Brianna Cueva – Watsonville
Shot Put	33-09.5	4/25/09	Ashley Lopez -Alvarez
4x100 Relay	52.60	4/26/08	Sacred Heart Cathedral Prep
4x400 Relay	4:24.38	5/1/04	North County High