

Saturday March 25th, 2017

The 6th Annual



Fremont High School

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Note: there will be Band and Color-guard activity in both gymnasiums during the day. Buses and vans are asked to drop-off student-athletes at the track, then park a little further west down Fremont Avenue or in the school parking lot on Hollenbeck. The FUHS district office lot will also be available for surplus parking, but not for buses

Firebird Relays

Saturday, March 25th, 2017

General Meet Information

Running events begins at

8:30am, Field Events at 9:00 am

- Four divisions; VG, VB, F/S Girls, F/S Boys
- Lane and flight assignments will be seeded by best times and marks
- Athletes may not compete in both Varsity and F/S events
- Limit 5-athletes per team in field events, with 3 ATTEMPTS PER COMPETITOR
 - Combined event team will also be ranked in scoring (*must be at least 3 athletes for field event relay scoring*), as well as individuals
 - Limit 6-athletes per running event (except in the 100m and 200m)
 - The 100m and 200m will be 9 heats: the field will be comprised of the top seed from each team (guaranteed a spot), then filled-in by the top remaining seeds. Heats will be seeded by time in the starting area. Anyone who wants to be an alternate, should stand by with their ID# ready.
- **No additional time allowance will be given to field event athletes with conflicting running events, the pits and rings are open. It is up to the athletes to arrange their field attempts with their individual running schedule.**
- Limit 1-team per relay per school
- Athletic trainers will be on-site
- Meet will be held rain or shine
- Admission: \$5.00 per adult (includes programs, still \$5.00 without program), \$2.00 per student
- T-Shirts and concessions on sale

Awards

- Medals for top 3 places and top 3 relays, includes field event combinations as relays (*school must have at least three competitors in the event to constitute a field event team-combination relay*)
- Meet trophy for team with most points for all four combined divisions (*must score in each division*)

Entry Fees and Deadlines

- Entries must be entered on **Athletics.Net** by 11:59pm, **Tuesday, March 21st**
- Individuals, \$5.00 per event, \$20.00 per relay, field event teams do not count as relay entry
- Maximum fee, \$325.00 per school
- No refund for no shows, no refunds for athletes scratched after entry fee deadline
- Entry payment must be received no later than at the gate on the day of the meet

Payment:

- Make checks payable to **"Fremont High (Sunnyvale) Track & Field"**

Schedule

- **Running events will start at 8:30am, Field Event at 9:00 am**
 - Running events will follow a time schedule in the morning, then a rolling schedule after 1:45
 - Athletes should check in at least 30 minutes before their events. For check-in, athletes are urged to pay attention to the order of events and be aware if the meet is running ahead of time
 - Those not checked in when their heat is on the line or when their field event starts, will be disqualified

Meet Directors

- Meet day, Mark Shields, Head Coach Fremont - pre-meet questions, Hank Lawson, Mark Shields
 - Please email the group with your questions; Markstrackcoach@gmail.com, Sylvmarks@yahoo.com, hanklawtrack@gmail.com

Track & Field Events *scheduled time and order, 8:30 start*

• The whole meet will run on by a ROLLING SCHEDULE, running event times are APPROXIMATE

1. 100m/110m/65m Hurdles (Please have competitor ID number written on hand)
 - a. VG 100mH
 - b. FSG 100mH
 - c. VB 110Mh
 - d. FSB 65mH
2. 1600m run, 9:20 (Please have competitor ID number written on hand)
 - a. FSG 1600m
 - b. FSB 1600m
 - c. VG 1600m
 - d. VB 1600m
3. 4x100m Relay, 10:32 (Please have competitor ID number written on hand)
 - a. FSG 4X100m
 - b. FSB 4X100m
 - c. VG 4X100m
 - d. VB 4X100m
4. Distance Medley Relay, 11:42 (1200m, 400m, 800m, 1600m)
 - a. EVERYONE'S DMR
5. 400m run, 12:08, (Please have competitor ID number written on hand)
 - a. FSG 400m
 - b. FSB 400m
 - c. VG 400m
 - d. VB 400m
6. 4x800m Relay, 2:08 (Please have competitor ID number written on hand)
 - a. All Girls 4X800m
 - b. All Boys 4X800m

NO BREAK

1. 100m dash, 3:08 (Please have competitor ID number written on hand)
 - a. FSG 100m
 - b. FSB 100m
 - c. VG 100m
 - d. VB 100m
2. 800m run 4:20 (Please have competitor ID number written on hand)
 - a. FSG 800m
 - b. FSB 800m
 - c. VG 800m
 - d. VB 800m
3. 300IH, 5:32 (scoring 3-deep total time for relay) (Please have competitor ID number written on hand)
 - a. FSG 300mH
 - b. VG 300Mh
 - c. FSB 300mH
 - d. VB 300mH
4. 200m dash, 6:32p (Please have competitor ID number written on hand)
 - a. FSG 200m
 - b. FSB 200m
 - c. VG 200m
 - d. VB 200m

5. 4x200m Relay, 8:14p
 - a. FSG 4X200m
 - b. FSB 4X200m
 - c. VG 4X200m
 - d. VB 4X200m
6. 3200M run, 8:56p (Please have competitor ID number written on hand)
 - a. VG & FSG
 - b. VB
 - c. FSB
7. 4x400m relay, 9:41
 - a. FSG 4X400m
 - b. FSB 4X400m
 - c. VG 4X400m
 - d. VB 4X400m

Field Events – Will be run by scheduled times during the complete competition

(Limit of 5 competitors per school per division. Minimum 3-competitors per team for field event relay consideration (all three must meet minimum))

1. High Jump (*flights may be adjusted after check in, starting at the below times*)
 - a. 9:00 – FSB HJ, start at 4'04"
 - b. 11:00 – FSG HJ, start at 3'04"
 - c. 1:00 – VB HJ, start at 4'10"
 - d. 4:00-6:00 – VG HJ, start at 3'10"
2. Shot Put (*flights may be adjusted after check in, starting at the below times*) **THREE ATTEMPTS PER COMPETITOR. TOP-8 will get a 4th attempt.**
 - a. 10:00 – VG SP, minimum 20'00"
 - b. 12:30 – VB SP, minimum 25'00" (150-minute open ring, Then lunch break 3:00-3:30)
 - c. 3:30 – FSG SP, minimum 18'00"
 - d. 5:00-6:30 – FSB SP, minimum 25'00" (90-minute open ring)
3. Triple jump (*flights may be adjusted after check in, starting at the below times*) **THREE ATTEMPTS PER COMPETITOR. TOP-8 will get a 4th attempt.**
 - a. 9:00 – VB TJ, minimum 30'00"
 - b. 11:30 – FSB TJ, minimum 26'00" (120-minute open pit, Then lunch break 1:30-2:00)
 - c. 2:00 – VG TJ, minimum 26'00"
 - d. 4:30-6:00 – FSG TJ, minimum 22'00" (90-minute open pit)
4. Discus (*flights may be adjusted after check in, starting at the below times, starting at the below times*). **THREE ATTEMPTS PER COMPETITOR. TOP-8 will get a 4th attempt.**
 - a. 10:00 – FSG Disc, minimum 50'00" (90-minute open ring)
 - b. 12:00 – FSB Disc, minimum 70'00" (90-minute open ring), Then lunch break 1:00-1:30
 - c. 2:30 – VG Disc, minimum 60'00" (120-minute open ring)
 - d. 4:30-6:30 – VB Disc, minimum 80'00" (120-minute open ring)
5. Long Jump (*flights may be adjusted after check in, starting at the below times*). **THREE ATTEMPTS PER COMPETITOR. TOP-8 will get a 4th attempt.**
 - a. 9:00 – VG LJ, minimum 12'00"
 - b. 11:30 – VB LJ, minimum 16'00" (150-minute open pit, Then lunch break 2:00-2:30)
 - c. 2:30 – FSG LJ, minimum 10'00"
 - d. 4:30-6:30 – FSB LJ, minimum 14'00" (90-minute open pit)