

**1st ANNUAL  
GILROY H.S. Mustang Multis TRACK AND FIELD INVITATIONAL  
SATURDAY March 4<sup>th</sup> 2017**

**Host:** Gilroy High School

**Contact:** Janet Lee [janet.lee@gilroyunified.org](mailto:janet.lee@gilroyunified.org)

**Location:** Gilroy High School  
750 West 10th Street  
Gilroy CA 95020

The school can be reached by taking the 10<sup>th</sup> Street exit off Hwy 101 and traveling west about one mile to Princevalle Street. Make a left on Princevalle south to the stadium.

**Background:** This meet is based on the best overall performance in MULTIPLE events. Scores will be based on multiple event scoring tables and the cumulative total of events. This meet is to encourage trying new events and looking at commonalities/depth of skills within events. Athletes are encouraged to try new events and show depth of skills.

**We feel this event:**

- 1) Rewards performance rather than place. (If thrower A goes: 51' SP and 140' DT, and Thrower B goes: 50'6" SP and 180'DT. By place they are equal but Thrower B is rewarded in a multi for superior performance. )
- 2) Encourages people to try new events, if you have a Long jumper they need to sign up either for the LJ, TJ, HJ or the 100-SP-LJ since those are the only multis with LJ (early in the year anything that encourages people to try new events is a positive)
- 3) Rewards those athletes that are very good all around but maybe not great in any single event. (The specialists will get plenty of recognition later in the year)

**Multi-Events:** (sign Athletes up for the individual events and we will add place them in the multi that fits your entries)

**Traditional Multis:**

Short Sprinter	100m - 200m
Long Sprinter	200m - 400m
Lactate	400m - 800m
Mid Distance	800m - 1600m

Long Distance	1600m - 3200m
Jumper	Long Jump - Triple Jump - High Jump
Hurdler	65/ 100 /110 Hurdles - 300 Hurdles
Thrower	Shot Put - Discus Throw

**Originals**

Citius, Altius, Fortius	100 - Pole Vault - Discus
Jack of All Trades	1600 - 200 - High Jump
Motor Genius	65/ 100 / 110 Hurdles - Triple Jump - Pole Vault
Power	100 - Long jump - Shot Put

**\*\* see schedule for order of events\*\***

**STARTING TIMES:** Track events start at 10:00am. Field events start at 8:30am. See attached schedule. NO TRIALS – all events are finals.

**FACILITY:** The “Garcia-Elder Sports Complex” hosts nine lanes, two vertical jump pits on one end and two horizontal jump runway/pits on the other end. Any spikes longer than ¼ inch will not be allowed and the athlete will be disqualified. Both throwing rings are located outside the stadium.

No teams may camp on the in-field. Teams may camp on the grassy areas outside the track.

**ADMISSIONS:** Adults-\$4.00, Students with ASB-\$1.00, Children under 12-\$1.00

**ENTRIES:**

- 1) Entries must be entered by midnight Mon, Feb 27th on <http://www.athletic.net>
- 2) Divisions: Varsity Girls, Varsity Boys, and F/S Boys
- 3) Unlimited entries per event per division per school.
- 4) Each entry must contain: name, time/distance mark for each event
- 5) To enter an athlete into a multi, enter them into the individual events that compose that multi. (Example: If you want to sign up John Smith in the Power multi, just add them to the 100-LJ-SP)
- 5) NO ADDITIONS after deadline. SUBSTITUTIONS will be accepted until Thursday at 11:59pm.
- 6) This event will be capped at 10 schools to allow for proper management of the meet. Please check for accepted entries.

**ENTRY FEES:** \$4.00 per event entry. Fees will be capped at \$150 per division, maximum of \$450 per school. Schools will be charged for the number of original entries. No refunds for scratches or no shows.

**AWARDS/TROPHIES:** Medals will be awarded to the top three scores in the each division per multi.

**COACHES MEETING:** 9:15 at finish line

**CHECK-IN:** Field Events – athletes check in at the event.

Track Events – athletes check in at the clerk of the course tent. Athletes must check in before the start of the previous race. Athletes will be scratched from the event if not checked in by the time sheets are pulled. Races will be seeded. Athletes may check in to all of their events at once.

Track Check-In Schedule: TBA

**\*\*\*\*\* Athletes must check in before the start of the previous race. \*\*\*\*\***  
**Athletes will be scratched from the event if not checked in by the time sheets are pulled.**

# 2017 Gilroy High School Mustang Multis Track & Field Invitational Order of Events

## Track 10:00am

3200m Run -- F/S Boys

100m Hurdles– Varsity Girls

110m Hurdles– Varsity Boys

65m Hurdles– F/S Boys

1600m Run– Varsity Girls  
Varsity Boys  
F/S Boys

400m Dash– Varsity Girls  
Varsity Boys  
F/S Boys

100m Dash – Varsity Girls  
Varsity Boys  
F/S Boys

800m Dash– Varsity Girls  
Varsity Boys  
F/S Boys

300m IH– Varsity Girls  
Varsity Boys  
F/S Boys

200m Dash– Varsity Girls  
Varsity Boys  
F/S Boys

3200m Run– Varsity Girls  
Varsity Boys

## Field 8:30am

8:30am Girls Varsity Discus  
Boys Varsity Shot Put  
Girls Varsity Triple Jump  
Boys Varsity Long Jump  
Boys F/S Pole Vault  
Boys F/S High Jump

10:30am Boys Varsity Discus  
Boys F/S Shot Put  
Boys Varsity Triple Jump  
Boys F/S Long Jump  
Girls Varsity Pole Vault  
Boys Varsity High Jump

1:00 pm Boys F/S Discus  
Girls Varsity Shot Put  
Boys F/S Triple Jump  
Girls Varsity Long Jump  
Boys Varsity Pole Vault  
Girls Varsity High Jump

**\* Shot Put, Discus, Long Jump, Triple Jump  
4 Attempts (Varsity)  
3 Attempts ( F/S )**

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Please use <http://www.athletic.net> to enter athletes.

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- \$4.00 per entry per event
- Schools will be charged for the number of original entries.
- No refunds for scratches or no shows.

## Fee Worksheet

Note: Fees will be capped at \$150 per division, maximum of \$450 per school. If cap is met, then cross-out subtotal and write \$150 to its right.

Division	# of Entries	Subtotal
F/S Boys	# of Entries _____ x \$4.00	= _____
Varsity Girls	# of Entries _____ x \$4.00	= _____
Varsity Boys	# of Entries _____ x \$4.00	= _____
		Total = _____

Please make check payable to GILROY HS TRACK & FIELD.

Checks may be mailed, or delivered to meet.

Mailing Address: Gilroy High School  
750 W. 10<sup>th</sup> Street  
Gilroy, CA 95020  
Attn: Jan Alonso