



**SAINT FRANCIS
INVITATIONAL
XXXIV**

MARCH 18, 2017

Dear Coach,

On Saturday, March 18th, 2017, Saint Francis High School will host the 34th annual Saint Francis Track & Field Invitational in Mountain View California.

We are pleased to be able to host one of the top invitationals in the area. Last year we had over 65 teams from throughout the area represented. We hope to be able to provide an outstanding competitive experience for your athletes once again this year.

New this year we are introducing some new events to the meet. First we will have an *Invitational mile* and *Invitational 100m* dash. We are inviting some of the best runners in the area to come and compete for a fast time. This both should be exciting races for all to watch.

Also for the first time this year we will be having an 4x800m relay for all divisions.

With these additions we have modified the schedule in the hopes of making the meet run smoothly and provide an exciting experience for the athletes and spectators a like.

Please make sure to read all of the enclosed information carefully. All entries will be done using WWW.ATHLETIC.NET.. If you have any questions please send an email to trackcoach@sfhs.com.

We look forward to having your team attend our meet.

Sincerely,

Mike Saso
Head Boys Coach

Paul Lapke
Head Girls Coach

MEET DATE AND TIME

Saturday, March 18th, 2017 – Event Schedule attached

ENTRY INFORMATION

- ALL ENTRIES should be completed on www.athletic.net. Entries submitted by any other method will NOT BE ACCEPTED.
- All entries are due by Sunday March 11, 2017 @ 11:59 P.M. You may update or change your entries anytime up until the deadline.
- NO LATE ENTRIES WILL BE ACCEPTED.
- Athletes will be considered according to marks submitted by the close of entries – there will be no opportunity to update/amend performances after the entry deadline.
- Every athlete needs to have a mark in their event to be included in the meet.

RELAY ENTRY PROCEDURE

- When possible, please enter actual relay marks that have been achieved in the 2017 season. If a mark is from 2016 please use the override column on athletic.net and indicate the year in the comment section.
- For the distance medley relay please submit a projected time based on 2017 individual times if you do not have a relay time.
- For the 4x200 please send entries directly to trackcoach@sfhs.com.
- RELAY TEAMS – YOU NEED TO PUT IN YOUR SEASON BEST FOR 4x100, 4x400 AND DMR IN THE OVERRIDE COLUMN. FAILURE TO DO THIS WILL RESULT IN YOUR TEAM BEING SEEDED WITH A MARK OF “NT” (NO TIME).

LIMITATIONS ON ENTRIES

- In order to achieve balanced field sizes, please note that schools will be LIMITED to entering NO MORE THAN 3 ATHLETES IN AN EVENT.
- Schools may enter multiple relay teams in an event.

ENTRY GUIDELINES

- We will attempt to accept all entrants who meet the guidelines below so as to not exceed the field size limit for that event. PLEASE NOTE – The standards below are guidelines and DO NOT guarantee that an athlete will be accepted.
- Please note the opening heights and minimum measured distances will be posted after the accepted entry list is posted.
- It is recommended that the following performances have been achieved in the 2017 season, but personal bests on Athletic.net will be considered. No manual overrides are accepted.
- Please note that meet management reserves the right to adjust field sizes as necessary to ensure the meet has the best competitive atmosphere possible.

COMPETITION INFORMATION

- Please see the meet schedule for individual event times and number of heats/flights.

- The meet schedule is a guideline. IF MEET MANAGEMENT HAS THE ABILITY TO RUN AHEAD OF SCHEDULE WE WILL DO SO.
- WE WILL NOT RUN MORE THAN 30 MINUTES AHEAD OF SCHEDULE.

EVENT CHECK IN

- In running events, all relay teams and individual contestants will report to the Clerk's Circle at the east end of the track by the second call. They will be given instructions at that time.
- Field event athletes will check in at the event.
- CHECK-IN CLOSSES 30 MINUTES PRIOR TO THE START OF THE EVENT.

RUNNING EVENTS

- Running events will begin at 8:00 am

FIELD EVENTS

- Field events will begin at 9:00 am
- The field for the shot put and discus will be limited to no more than 50 contestants (5 flights of 10 each).
- The long and triple jump will be limited to no more than 32 athletes (4 flights of 8 each).
- In the field events, triple jump, long jump, shot put and discus, each athlete will receive 4 attempts. There will be **NO FINALS!**
- Each athlete is guaranteed one legal attempt measured. After one they must hit the meet standard. (will be published once entries are received)
- The high jump and pole vault will follow the "5 alive" format.
- The pole vault will have two pits for competition. One in the D-Zone on the east end of the track, the other on the field using a raised board runway.
- Starting heights and progression will be determined once entries are complete.

ENTRY FEES AND PAVEMENT PROCEDURES

- All entry fees must be paid in full before your packet is issued. Entry fees are calculated based upon the status of **ACCEPTED ENTRIES**.
- Please make checks payable to: **St. Francis High School Track & Field**.
- Individuals: \$5.00 per athlete per individual event entered; Relays: \$15.00 per relay team entered.
- Maximum entry fee per school: \$450.00

ALTERNATES

- Alternates for each event will be published.
- We will try to include as many alternates as possible.
- Alternates should check in with the clerk of the course. If a seeded athlete does not check in by final call then the alternates will be placed into the event.

RESULTS

- Results will be posted at the meet at the conclusion of each event on the side of the concessions building.
- Live results will be posted on the meet website.

AWARDS

- Award shirts will be given to the top 3 athletes/relay teams in each event.
- **NOTE:** In the case of multiple sections, final results will be based on the best performances across all sections.

TRACK FACILITY INFORMATION

WARM-UP AREA

- The warm-up area will be located on the baseball field on the south side of the track.
- Access to the warm-up area is located on the east side of the track near the finish line or through the entrance in the parking lot.

ATHLETES

- Only athletes preparing for the next event should be on the field.
- No headphones/electronics will be allowed on the infield or track.
- All CIF uniform rules will be enforced.

COACHES

- Designated coaches with the proper wristband will be allowed on the infield. If you do not have a wristband please refrain from going down to the infield.
- Coaches are not allowed in the press box or timing area.

SPECTATORS

- NO SPECTATORS SHOULD BE ON THE INFIELD.
- ATHLETES NOT CURRENTLY COMPETING OR WARMING UP SHOULD NOT BE ON THE MAIN FIELD.

SPORTS MEDICINE

- There will be an athletic trainer on site stationed at the center of the field.

SPIKE LENGTH

- Pyramid spikes NO longer than ¼" (9mm) must be worn on the track for ALL events. We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose spikes are too long will not be permitted to compete with those spikes.

LOCKER ROOM FACILITIES

- There are no dressing rooms or shower facilities. Meet Management encourages all teams to come to the meet prepared to compete.

GENERAL INFORMATION

ADMISSIONS

- General admission - \$5
- Seniors & students with ID - \$3
- Children 12 and under - \$2

PROGRAMS

- Programs will be available for \$1

T-SHIRTS

- Souvenir t-shirts will be available for purchase.

CONCESSIONS

- Concessions and BBQ will be available throughout the day

PARKING

- Access to the stadium is from the south entrance adjacent to South Drive.
- Parking is available on campus.

2017 SAINT FRANCIS HIGH SCHOOL
TRACK AND FIELD INVITATIONAL
RUNNING EVENTS SCHEDULE

Time	Event	Division	Heats
8:00 AM	3000 M	VAR GIRLS	1
8:15 AM	3000 M	VAR BOYS	1
8:30 AM	100 H	JV GIRLS	3
8:40 AM	100 H	VAR GIRLS	3
8:55 AM	110 H	VAR BOYS	3
9:05 AM	65 H	FROSH/SOPH BOYS	3
9:15 AM	DMR	JV GIRLS	1
9:30 AM	DMR	FROSH/SOPH BOYS	1
9:45 AM	400 M	JV GIRLS	3
	400 M	FROSH/SOPH BOYS	3
10:00 AM	400 M	VAR GIRLS	3
	400 M	VAR BOYS	3
10:15 AM	Mile	JV GIRLS	1
10:25 AM	Mile	FROSH/SOPH BOYS	1
10:35 AM	Mile	VAR GIRLS	1
10:45 AM	Mile	VAR BOYS	1
10:55 AM	100 M	JV GIRLS	3
11:05 AM	100 M	FROSH/SOPH BOYS	3
11:15 AM	100 M	VAR GIRLS	3
11:25 AM	100 M	VAR BOYS	3
11:35 AM	300H	JV GIRLS	3
11:45 AM	300H	FROSH/SOPH BOYS	3
11:55 AM	300H	VAR GIRLS	3
12:05 PM	300H	VAR BOYS	3
12:15 PM	4x800	VAR GIRLS	2
12:30 PM	4x800	VAR BOYS	2
12:45 PM	CO-ED 800 M Relay	JV	1
12:55 PM	CO-ED 800 M Relay	V	1
Break			
1:10 PM	Invitational 100	Girls	1
1:20 PM	Invitational 100	Boys	1
1:30 PM	Invitational Mile	Girls	1
1:40 PM	Invitational Mile	Boys	1
1:50 PM	4x100	JV GIRLS	2
2:00 PM	4x100	FROSH/SOPH BOYS	2
2:10 PM	4x100	VAR GIRLS	2
2:20 PM	4x100	VAR BOYS	2
2:30 PM	4x800	JV GIRLS	2
2:45 PM	4x800	FROSH/SOPH BOYS	2
3:00 PM	SMR	JV GIRLS	2
3:10 PM	SMR	FROSH/SOPH BOYS	2
3:20 PM	SMR	VAR GIRLS	2
3:30 PM	SMR	VAR BOYS	2
3:40 PM	DMR	VAR GIRLS	1
3:55 PM	DMR	VAR BOYS	1
4:10 PM	4x400	JV GIRLS	2
4:25 PM	4x400	FROSH/SOPH BOYS	2
4:40 PM	4x400	VAR GIRLS	2
4:55 PM	4x400	VAR BOYS	2

2017 SAINT FRANCIS HIGH SCHOOL
 TRACK AND FIELD INVITATIONAL
 FIELD EVENTS SCHEDULE

TIME	EVENT	DIVISION	NOTES (possible start heights)
9:00 am	POLE VAULT	F/S GIRLS	START 5' 9"
9:00 am	LONG JUMP	VAR GIRLS	12' BOARD ONLY
9:00 am	TRIPLE JUMP	VAR BOYS	36' BOARD ONLY
9:00 am	HIGH JUMP	F/S BOYS	START 5' 0"
9:00 am	SHOT PUT	VAR GIRLS	
9:00 am	DISCUS	VAR BOYS	
9:30 am	POLE VAULT	F/S BOYS	START 8' 9"
11:00 am	DISCUS	VAR GIRLS	
11:00 am	SHOT PUT	VAR BOYS	
11:30 am	LONG JUMP	VAR BOYS	12' BOARD ONLY
11:30 am	HIGH JUMP	F/S GIRLS	START 4' 0
11:30 am	TRIPLE JUMP	F/S BOYS	32' BOARD ONLY
11:30 am	POLE VAULT	VAR BOYS	START 10' 9"
1:00 pm	TRIPLE JUMP	VAR GIRLS	24' BOARD ONLY
1:00 pm	HIGH JUMP	VAR BOYS	START 5' 8"
1:00 pm	LONG JUMP	F/S GIRLS	8' BOARD ONLY
1:00 pm	SHOT PUT	F/S GIRLS	
1:00 pm	DISCUS	F/S BOYS	
2:00 pm	HIGH JUMP	VAR GIRLS	START 4' 8
2:00 pm	POLE VAULT	VAR GIRLS	START 7' 9"
3:00 pm	DISCUS	F/S GIRLS	
3:00 pm	SHOT PUT	F/S BOYS	
3:00 pm	TRIPLE JUMP	F/S GIRLS	24' BOARD ONLY
3:00 pm	LONG JUMP	F/S BOYS	12' BOARD ONLY