

*- First Annual Aragon Dons -*  
**Track and Field Invitational**



**April 7, 2018**

**Aragon High School, 900 Alameda de Las Pulgas, San Mateo, CA**

**Meet Information**

- 4 Divisions: F/S Girls, F/S Boys, Varsity Girls, Varsity Boys
- Electronic Timing by Radar Timing Services
- Medals 3 deep for all events
- Admission: Adults \$5, Students \$2
- Concessions available
- Track Events

- 100m, 200m, 100m/110m hurdles (max 3 entries per team each)
  
- 400m, 800m, 1600m, 3200m
  
- Relays: 4X100, 4X400m, Distance Medley Relay (1 entry per team)
  
- Lane assignments seeded by best times and marks
  
- Field Events (max 3 entries per team each)
  - Long Jump, High Jump, Discus, Shot Put, Pole Vault
  
- An athlete cannot register for both Varsity and F/S events; limit 4 events per athlete

### **Registration**

- Register on [www.athletics.net](http://www.athletics.net) by Tuesday, April 3, 2018
  
- Cost: \$7 per person per event, \$15 per relay entered, \$300 maximum per school
  
- Athletes may be scratched before entry deadline on [www.athletics.net](http://www.athletics.net) or in person at team check-in

- Attendance may be limited based on number of athletes/schools registered prior to deadline.
- Payment due by check by or before team check-in at meet. Make checks payable to Aragon Track Club.
- No refunds

### **Schedule**

- Rolling schedule for both Track and Field events starting at 8:30 AM
- Athlete check-in up to 30 minutes before start of their event

### **Race Day Information**

- All events will be conducted under CIF high school rules.
- Athletes are required to check in at least 30 minutes prior to the start of the event. If a large number of scratches occur, heats may be consolidated.
- Field events will check in directly at their event. All implements must be weighed-in and approved prior to competition.
- All athletes must have their shoes with them when checking in. No longer than ¼" spikes will be allowed; pyramid and Christmas tree only.
- High Jump and Pole Vault opening heights will be determined by the entries.
- Field events will get 4 jumps in long jump and 4 throws in shot put and discus.

### **Contact for further information**

Dino Delyani, Race Director, Aragon T&F Head Coach

[dinodelyani@gmail.com](mailto:dinodelyani@gmail.com)

650-888-2956

## Order of Events

<b>RUNNING EVENTS – 8:30 Start; Rolling Schedule</b>	<b>FIELD EVENTS</b>
3200m – V & F/S Girls	8:30 AM
3200m – V & F/S Boys	• High Jump – F/S Girls
4X100m Relay – V Girls	• Shot Put – F/S Girls
4X100m Relay – V Boys	• Discus – V Boys
4X100m Relay – F/S Girls	• Long Jump – V Boys
4X100m Relay – F/S Boys	• Pole Vault – V Girls
100m Hurdles – V Girls	10:30 AM
100m Hurdles – F/S Girls	• High Jump – F/S Boys
110m Hurdles – V Boys	• Shot Put – F/S Boys
110m Hurdles – F/S Boys	• Discus – V Girls
400m – V Girls	• Long Jump – V Girls
400m – V Boys	• Pole Vault – F/S Girls
400m – F/S Girls	12:30 PM
400m – F/S Boys	• High Jump – V Girls
1600m – V Girls	• Shot Put – V Girls
1600m – V Boys	• Discus – F/S Boys
1600m – F/S Girls	• Long Jump – F/S Boys
1600m – F/S Boys	• Pole Vault – V Boys
100m – V Girls	2:30 PM
100m – V Boys	• High Jump – V Boys
100m – F/S Girls	• Shot Put – V Boys
100m – F/S Boys	• Discus – F/S Girls
800m – V Girls	• Long Jump – F/S Girls
800m – V Boys	• Pole Vault – F/S Boys
800m – F/S Girls	
800m – F/S Boys	
200m – V Girls	
200m – V Boys	
200m – F/S Girls	
200m – F/S Boys	
Distance Medley Relay – V & F/S Girls	
Distance Medley Relay – V & F/S Boys	
4x400m Relay – F/S Girls	
4x400m Relay – F/S Boys	
4x400m Relay – V Girls	
4x400m Relay – V Boys	