

- 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: 4X400m, 4X800m Relay, 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 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 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 events starting at 8:30 AM
- Scheduled Field events begin 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

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650-888-2956

Order of Events

RUNNING EVENTS – 8:30 Start; Rolling Schedule	FIELD EVENTS
3200m – V & F/S Girls	8:30 AM
3200m – V & F/S Boys	<ul style="list-style-type: none"> • High Jump – F/S Girls
4X100m Relay – V Girls	<ul style="list-style-type: none"> • Shot Put – F/S Girls
4X100m Relay – V Boys	<ul style="list-style-type: none"> • Discus – V Boys
4X100m Relay – F/S Girls	<ul style="list-style-type: none"> • Long Jump – V Boys
4X100m Relay – F/S Boys	<ul style="list-style-type: none"> • Pole Vault – V Girls
100m Hurdles – V Girls	10:30 AM
100m Hurdles – F/S Girls	<ul style="list-style-type: none"> • High Jump – F/S Boys
110m Hurdles – V Boys	<ul style="list-style-type: none"> • Shot Put – F/S Boys
110m Hurdles – F/S Boys	<ul style="list-style-type: none"> • Discus – V Girls
400m – V Girls	<ul style="list-style-type: none"> • Long Jump – V Girls
400m – V Boys	<ul style="list-style-type: none"> • Pole Vault – F/S Girls
400m – F/S Girls	12:30 PM
400m – F/S Boys	<ul style="list-style-type: none"> • High Jump – V Girls
1600m – V Girls	<ul style="list-style-type: none"> • Shot Put – V Girls
1600m – V Boys	<ul style="list-style-type: none"> • Discus – F/S Boys
1600m – F/S Girls	<ul style="list-style-type: none"> • Long Jump – F/S Boys
1600m – F/S Boys	<ul style="list-style-type: none"> • Pole Vault – V Boys
100m – V Girls	2:30 PM
100m – V Boys	<ul style="list-style-type: none"> • High Jump – V Boys
100m – F/S Girls	<ul style="list-style-type: none"> • Shot Put – V Boys
100m – F/S Boys	<ul style="list-style-type: none"> • Discus – F/S Girls
800m – V Girls	<ul style="list-style-type: none"> • Long Jump – F/S Girls
800m – V Boys	<ul style="list-style-type: none"> • 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	