

**ST. IGNATIUS F/S INVITATIONAL**  
**Saint Ignatius College Preparatory**  
**San Francisco California**

**Saturday, March 3, 2018 - 9:00 AM**

**Team limits:** First 10 Boy's and 10 Girl's Teams

**Cost:** \$200 for each Boy's team, \$200 for each Girl's teams or \$300 for both boys and girl's teams. Athletes are limited to 4 events.

**Entry:** Schools only need to state which events they are entering. **(No Times or Names required).**

**Awards:** Medals for the 1<sup>st</sup> Place team in each event and the first 4 places in the Open Events: Hurdles, 1600 Meter Run and Pole Vault. We will also be giving each team a medal to be awarded by their coach for an outstanding performance.

**Facilities:** Saint Ignatius has all-weather track 6 lane track (**¼" spikes only**). Lockers Rooms will not be available for changing. There is no charge for entrance to the meet.

**Track Events**

1. 1600 Meter (Open)
2. 65/100 High Hurdles (Open)
3. 4 X 100 Meter Relay
2. 4 X 800 Meter Relay
3. 300 Meter Hurdles (Open)
4. Sprint Medley Relay (100, 100, 200, 400)
5. Distance Medley Relay (1200, 400, 800, 1600)
6. 4 x 400 Meter Relay

**Field Events**

1. Long Jump
2. Pole Vault (Open)
3. Discus
4. Shot Put
5. High Jump
6. Triple Jump

**All Relays are 4 Person teams except the Open Events (1600, Hurdles, PV)**

1. The number of relay teams for each school is listed below.
  - a. Each school may enter up to 2 teams in the following sprints events:  
**4 X 100, 4 X 400, Sprint Medley,**
  - b. Each school may enter an unlimited number of relays teams in the distance relays: **Distance Medley, 4 X 800**
2. Each school may enter 2 relay teams in all field events
3. The Long Jump for both boys and girls will be an open pit starting at 9:00 AM followed by the Triple Jump.

***NOTE: If you do not enough athletes to field a relay team in any of the field Events you may enter the number of athletes you have, so your athletes will be able to get a mark.***

**Long Jump/ Triple Jump** – Each jumper will get 4 jumps.

**Shot Put/Discus** – Each thrower will get 4 throws.

**Pole Vault – Open Event**

Each competitor will be given 3 attempts

The bar will start at 7' for boys and 6' for the girls.

Bar will go up 1' intervals until 9' for the boys and 8' for the girls.

At 6' and 7' heights mentioned above the bar will go up at 6 inches intervals.

\*The vault official may change the rule.

**The High Jump** – Each jumper will get 3 attempts.

The bar will be start at 4'6" for boys and 4' for the girls.

The Bar will go up at 3" intervals until 5' for the boys and 4' 6" for the girls.

Then the bar will go up 1" intervals.

\*The HJ official may change the rule height.

**Hurdles** - Open Event

**If you have questions please contact me at:**

**Coach Rob Hickox**

**Email: [rhickox@siprep.org](mailto:rhickox@siprep.org)**

**School (415) 731-7500 Ext. 5727, Cell 415 -519-4753**

# Saint Ignatius Invitational Entry Form 2018

High School \_\_\_\_\_

Coaches Name \_\_\_\_\_

Email Address \_\_\_\_\_

Phone Number: Cell \_\_\_\_\_ Other \_\_\_\_\_

Teams Entered:	Both	Boys	Girls
<i>Please mark the events your team will be competing in and the number of individuals for the Open Events.</i>		1600	1600
		65 Hurdles	100 Hurdles
		4 X 100	4 X 100
		4 X 800	4 X 800
		300 Hurdles	300 Hurdles
		Sprint Medley	Sprint Medley
		Distance Medley	Distance Medley
		4 X 400	4 X 400
		Long Jump	Long Jump
		Triple Jump	Triple Jump
		Pole Vault	Pole Vault
		High Jump	High Jump
		Shot Put	Shot Put
		Discus	Discus

**PLEASE RETURN THIS FORM AND CHECK TO:**

**Saint Ignatius Athletics**

**Track & Field**

**2001 - 37<sup>th</sup> Avenue**

**San Francisco, California 94116**