

Dear Coach,

The King's Academy (TKA) would like to invite you and your team to the 4th annual **TKA Track and Field Invitational** which will be held on **Saturday March 10th, 2018** at **The King's Academy** in Sunnyvale, California.

- **Field events will begin at 12:00 pm -5:30 pm (LJ,TJ,SP,and Discus, HJ) No Pole Vault**
- **Sprints and Distance events will begin at approximately 3:00 pm and go to 9:30 pm at the latest. (Depending on field size.) Check official schedule to come out Thursday morning before the meet.**
- **Order of events - 4x100, 1600, 100, 200, 800, 3200 and DMR(if fields are large enough).**
- **Music will be played during distance events.**

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- **F/S and Varsity divisions for boys and girls**
 - **Maximum of 3 athletes per school per division in the field events.**
 - **Maximum of 4 athletes per school per division in the sprints.**
 - **FAT timing by Hank Lawson**
 - **Inspirational music played during distance races and relays**
 - **Medals and Award T-shirts for the winner of each event.**
 - **Great food – Tacos, Concession stand, lemonade and more.**
 - **Strict time schedule (will be posted on Thursday early in the am on March 8th).**
 - **Medals to the top 3 athletes in each division in individual events.**
 - **Relays - Medals to the top 3 teams in each division**
 - **Implement Weigh - In - From 11:00 pm - 2:00 pm.**
 - **Spectators are FREE**
 - **No Parking Fees**

For more info and to signup please go to athletic.net and add the TKA Track and Field Invitational 2017 to your schedule and sign up your athletes by **Tuesday, March 6th by 11:59 pm**. The cost per entry is simply \$7.00 per athlete per event and \$14.00 per relay. Please bring payment directly to the meet or pay online using the new payment method on athletic.net. All checks must be made out to The King's Academy, in the memo please write TKA T+F. A maximum of \$400.00 per school will be charged.

We hope that you can come join us for a day and evening of fast and exciting races.

Sincerely,

Coach Tompkins

VERY VERY TENTATIVE SCHEDULE - UNTIL ALL THE HEATS COME at the THURSDAY BEFORE THE MEET.

Track Events Begin at 3:00 pm		
VG, FSG, VB, FSB		
Heats fastest to slowest		Very Tentative Schedule, until final schedule comes out on Thursday before the meet. I will email all coaches.
4x100	3:00 PM	
1600	3:30 PM	
100	4:30 PM	
200	5:30 PM	
800	6:30 PM	
3200	8:00 PM	
DMR	9:00 PM	
Field Events will begin at 12:00 pm		* Shot, Discus, LJ, and TJ three attempts per athlete
12:00 PM		3:00 PM
FSB HJ		F/SG HJ
F/SG Discus		F/S Discus
F/S Shot put		F/SG Shot put
F/S LJ		F/SG Long Jump
VB TJ		V/G TJ
1:30 PM		4:30 PM
VB HJ		VG HJ
VG Discus		VB Discus
VB Shot Put		VG Shot put

VB LJ		VG LJ
F/SG TJ		F/S Triple Jump