

Saturday March 30th, 2019

The 8th Annual



Fremont High School

NOTE

We normally share the weekend with the Avis Kelley meet. This year we moved the meet to avoid other campus activities. Consequently, the Firebird may have more teams than normal, as the only regional HS meet on this given weekend. In an attempt to limit the meet from going beyond 7pm, event entrees will be more limited this year than in the past. **Please pay special attention to open sprints: each school will have 1-auto entry, then seeded times will fill out the field of 9 heats per division** (alternates will go 8 deep).

In addition, parking will be challenging again. Please plan for buses to park in the church parking lot further west on Fremont Blvd. Parents: plan neighborhood or nearby lot parking.

Firebird Relays

Saturday, March 30th, 2019

General Meet Information

) **Running events** begins at
8:30am, Field Events begin at
9:00 am

-) Four divisions; VG, VB, F/S Girls, F/S Boys
-) Lane and flight assignments will be seeded by best times and marks
-) Athletes may not compete in both Varsity and F/S events
-) Limit 4-athletes per team in field events, with 4 attempts
 - o Combined event team will also be ranked in scoring (*must be at least 3 athletes for field event relay scoring*), as well as individuals
-) Limit 4-athletes per distance/MD events
-) **Open sprint events, 100 and 400 will be very limited, PLEASE check listings when posted.**
-) No additional time allowance will be given to field event athletes with conflicting running events, the pits and rings are open. *It is up to the athletes to arrange their field attempts with their individual running schedule.*
-) Limit 1-team per relay per school
-) Athletic trainers will be on-site
-) Meet will be held rain or shine
-) Admission: \$5.00 per adult (includes programs, still \$5.00 without program), \$2.00 per student
-) T-Shirts and concessions on sale

Awards

-) Medals for top 3 places and top 3 relays, includes field event combinations as relays (*school must have at least three competitors in the event to constitute a field event team-combination relay*)
-) Meet trophy for team with most points for all four combined divisions

Entry Fees and Deadlines

-) Entries must be entered on **Athletics.Net** by 11:59pm, **Tuesday, March 26th**
-) Individuals, \$5.00 per event, \$20.00 per relay, field event teams do not count as relay entry
-) Maximum fee, \$325.00 per school
-) No refund for no shows, no refunds for athletes scratched after entry fee deadline
-) Entry payment must be received no later than at the gate on the day of the meet

Payment:

-) Make checks payable to "*Fremont High (Sunnyvale) Track & Field*"

Schedule

-) **Running events will start at 8:30am, Field Event at 9:00 am**
 - o Running events will follow a time schedule in the morning, then a rolling schedule after 1:45
 - o Athletes should check in at least 30 minutes before their events. For check-in, athletes are urged to pay attention to the order of events and be aware if the meet is running ahead of time
 - o Those not checked in when their heat is on the line or when their field event starts, will be disqualified

Meet Director

-) Meet day, Mark Shields, Head Coach Fremont - pre-meet questions, Mark Shields
 - o Please email the group with your questions; Markstrackcoach@gmail.com, Sylvmarks@yahoo.com,

Track & Field Events *scheduled time* and order, 8:30 start

The 1st half of the track events will run by scheduled time, then after 1:48 by ROLLING SCHEDULE

1. 100m/110m/65m Hurdles 8:30
 - a. 8:30 – VG 100mH
 - b. 8:45 – FSG 100mH
 - c. 9:00 – VB 110Mh
 - d. 9:15 – FSB 65mH
2. 1600m run 9:30
 - a. 9:30 – FSG 1600m
 - b. 9:46 – FSB 1600m
 - c. 10:02 – VG 1600m
 - d. 10:18 – VB 1600m
3. 4x100m Relay 10:35
 - a. 10:35 – FSG 4X100m
 - b. 10:42 – FSB 4X100m
 - c. 10:54 – VG 4X100m
 - d. 11:02 – VB 4X100m
4. Distance Medley Relay (1200m, 400m, 800m, 1600m) 11:10
 - a. 11:10 – All Girls DMR
 - b. 11:34 – All Boys DMR
5. 400m dash 11:58 *(Each team gets at least 1 competitor, then seed rank will fill out 72 total competitors)*
 - a. 11:58 – FSG 400m
 - b. 12:18 – FSB 400m
 - c. 12:34 – VG 400m
 - d. 12:54 – VB 400m
6. 4x800m Relay 1:18
 - a. 1:18– All Girls 4X800m
 - b. 1:33 – All Boys 4X800m

NO BREAK – Rolling schedule BEGINNING 1:48

7. 100m dash 1:48 *(Each team gets at least 1 competitor, then seed rank will fill out 72 total competitors)*
 - a. FSG 100m
 - b. FSB 100m
 - c. VG 100m
 - d. VB 100m
8. 800m run
 - a. FSG 800m
 - b. FSB 800m
 - c. VG 800m
 - d. VB 800m
9. 300IH (scoring 3-deep total time for relay)
 - a. FSG 300mH
 - b. VG 300Mh
 - c. FSB 300mH
 - d. VB 300mH
10. Speed Medley Relay (100, 100, 200, 400) (replaces 200m and 4x200m relay)
 - a. FSG SMR
 - b. FSB SMR
 - c. VG SMR
 - d. VB SMR

11. 3200M run
 - a. VG & FSG
 - b. VB
 - c. FSB

12. 4x400m relay
 - a. FSG 4X400m
 - b. FSB 4X400m
 - c. VG 4X400m
 - d. VB 4X400m

Field Events – Will be run by scheduled times during the complete competition

(Limit of 4 competitors per school per division. Minimum 3-competitors per team for field event relay consideration (*all three must meet minimum*))

1. High Jump (*open pit duration per division, starting at the below times*)
 - a. 9:00 – FSB HJ, start at 4'04"
 - b. 11:00 – FSG HJ, start at 3'04"
 - c. 12:30 – VB HJ, start at 4'10"
 - d. 3:30 – VG HJ, start at 3'10"
2. Shot Put (**2 flights, top seeds in 1st flight, starting at the below times**) **If minimum not reached on previous attempts, last attempt will be marked.**
 - a. 9:00 – VG SP, minimum 20'00"
 - b. 12:00 – VB SP, minimum 25'00"
 - c. 3:00 – FSG SP, minimum 18'00"
 - d. 5:00 – FSB SP, minimum 25'00"
3. Triple jump (*open pit per division, starting at the below times*) **If minimum not reached on previous attempts, last attempt will be marked.**
 - a. 9:00 – VB TJ, minimum 30'00"
 - b. 11:30 – FSB TJ, minimum 26'00"
 - c. 1:30 – VG TJ, minimum 26'00"
 - d. 3:30 – FSG TJ, minimum 22'00"
4. Discus (**2 flights, top seeds in 1st flight, starting at the below times**). **If minimum not reached on previous attempts, last attempt will be marked.**
 - a. 9:00 – FSG Disc, minimum 50'00"
 - b. 11:00 – FSB Disc, minimum 70'00"
 - c. 1:30 – VG Disc, minimum 60'00"
 - d. 4:30 – VB Disc, minimum 80'00"
5. Long Jump (*open pit per division, starting at the below times*). **If minimum not reached on previous attempts, last attempt will be marked.**
 - a. 9:00 – VG LJ, minimum 12'00"
 - b. 12:00 – VB LJ, minimum 16'00"
 - c. 3:00 – FSG LJ, minimum 10'00"
 - d. 5:00 – FSB LJ, minimum 14'00"