

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,

On the day of the meet

BATHROOMS - there are two bathroom buildings;

-) One on the visitor-stands side of the track, at the start of the back-straight
-) One on the home-stand side of the track, near the 100m start

POP-UP TENTS / TEAM CAMPS;

-) In the stands: please place tents at the top rows of the stands
-) Please **DO NOT SET-UP IN FRONT OF THE ANNOUNCERS BOOTH**
-) Other places for tents/team camps;
 - o Practice field, next to the Track: on the end near the basketball courts
 - o To the left of the scoreboard as one would face the scoreboard (bring a tarp to cover the tanbark & grass)
 - o Small patch of grass next to shot-put (only two schools, please)
 - o Under solar panels next to practice field (be careful of home runs if a baseball game is playing)

EVENT REGISTRATION/SIGN-UP;

-) The Registration tent is at the beginning of the home-straight, on the other side of the fence
-) Please sign-in at least 2-events before your event. Only 1 member of a relay team is needed for relay team sign-up.
-) 100m/110m Hurdles and 4x1 relays should sign-up as soon as their team arrives to the meet

FOOTBALL FIELD/WARM-UP AREA

-) **NO TEAM TENTS ON THE FOOTBALL FIELD.** The football field is the warm-up area
-) The only tents on the field will be the Timer, the Trainer, Breakthrough Therapy and the teams working the long & triple jumps
-) Please **DO NOT HANGOUT ON THE FOOTBALL FIELD**, and **DO NOT HANGOUT ALONG THE HOME STRAIGHT** (this blocks the view of the timer). If you are not warming-up or being attended to by the trainer, please stay outside of the Track or in your team camp
-) **Hurdles:** after warming-up, please take the hurdles back to the place where you got them

STAGING (heat assignment);

-) Will start at the beginning of the home straight, on the other side of the fence from Registration
-) **BE AWARE:** as the meet moves on, staging may move to the infield near the starting-line of each race
-) Athletes must know their athletic ID #

RESULTS POSTING;

-) The meet will have live results on lynbrooksports.prepcaltrack.com
-) The results will be posted on the bathroom located on the backside straight

AWARD PICK-UP:

-) Please wait for 30 minutes after your event has completed, before approaching the Awards tables
-) The awards tables are next to the bathroom-building on the back-straight

Additional Parking:

-) Many stores on the strip-mall behind the Mobil Gas station (across the street from the school) have recently shut-down. Most of the marked parking spaces should be available.

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

APPROXIMATE time schedule for running events, meet will run by a ROLLING time SCHEDULE

1. 100m/110m/65m Hurdles 8:30
 - a. 8:30 – VG 100mH
 - b. 8:42 – FSG 100mH
 - c. 8:57 – VB 110Mh
 - d. 9:09 – FSB 65mH
2. 1600m run 9:24
 - a. 9:24 – FSG 1600m
 - b. 9:33 – FSB 1600m
 - c. 10:09 – VG 1600m
 - d. 10:27 – VB 1600m
3. 4x100m Relay 10:54
 - a. 10:54 – FSG 4X100m
 - b. 11:00 – FSB 4X100m
 - c. 11:06 – VG 4X100m
 - d. 11:15 – VB 4X100m
4. Distance Medley Relay (1200m, 400m, 800m, 1600m) 11:18 (Divisions MIGHT MERGE: varsity folks have #s 1-19 and the FS kids are 21-xx).
 - a. 11:18 – FSG DMR (*if girl divisions merge, meet schedule will be accelerated by about 25 minutes*)
 - b. 11:42 – VG DMR (*if girl divisions merge, meet schedule will be accelerated by about 25 minutes*)
 - c. 12:06 – FSB DMR (*if boy divisions also merge, meet schedule will be accelerated by about 50 minutes*)
 - d. 12:30 – VB DMR (*if boy divisions also merge, meet schedule will be accelerated by about 50 minutes*)
5. 400m dash 12:54 (could be 12:04 if DMR's merge) (Each team gets at least 1 competitor, then seed rank will fill out 72 total competitors)
 - a. 12:54 (could be 12:04 if DMR's merge) – FSG 400m
 - b. 1:09 (could be 12:19 if DMR's merge) – FSB 400m
 - c. 1:33 (could be 12:43 if DMR's merge) – VG 400m
 - d. 1:42 (could be 12:52 if DMR's merge) – VB 400m
6. 4x800m Relay 2:00 (could be 1:10 if DMR's merge) (varsity folks have #s 1-19 and the FS kids are 21-xx).
 - a. 2:00 (could be 1:10 if DMR's merge) – FSG & VG 4X800m (*division merge*)
 - b. 2:16 (could be 1:26 if DMR's merge) – FSB & VB 4X800m (*division merge*)

PAY ATTENTION TO EVENT ORDER – meet may be running ahead of approximate time schedule

7. 100m dash: plan for a 1:50 start (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"