



Loren Green Invitational

Saturday, March 23, 2019
North Salinas High School

DIVISIONS: Varsity Boys & Varsity Girls. We will also contest a “Frosh Focus” division in select events that is for freshman only.

AWARDS: Top 3 individuals in each event.

ENTRY DEADLINE: Entries are to be made on athletic.net before Midnight Wednesday, March 20th.

ENTRY FEES: \$5 per individual & \$20 per relay. Maximum of \$350 per school. Please make checks payable to “NORTH SALINAS HIGH SCHOOL TRACK & FIELD.” Please bring payment to the meet to receive your packet.

SPIKES: Please use 1/4” spikes or less!

CONCESSIONS: Concession stand will be available throughout the event.

WEIGH-INS: All implements must be weighed in before the competition. Scales will be open starting 9 am and continuing at designated times throughout the day.

SPECTATORS GATE: There is a \$2 gate fee for all spectators.

SCHEDULE: A estimated time schedule will be sent to coaches once entries close. Order of contested events listed below.

If you have any questions please contact Coach Small at joshua.small@salinasuhd.org.

ORDER OF EVENTS

Running Events:

4x100 Relay
4000m Distance Medley Relay
High Hurdles
400
100
4x800
300 Hurdles
200
1600
4x400

Field Events:

Shot Put
Discus
Long Jump
Triple Jump
High Jump
Pole Vault