



**4th Annual Soquel High
'Knights Invite'**

**Varsity Track and Field Invitational
Saturday April 20th 2019**

Once again this year, this will be an evening meet!

**PLACE: Soquel High School, Santa Cruz County
401 Soquel San Jose Road
Soquel, CA 95073**



Meet Director Matt Ryan: ryanm@sutterhealth.org

STARTING TIMES:

Running Events: 5pm

4 x 100m relay, 1600m, 100/110m hurdles, 400m, 100m, 800m, 300m hurdles, 200m, 3200m, 4x 400m relay

Field Events: 5pm (boys pole vault 4:30pm)

Shot Put, Discus, Long Jump, Triple Jump, Pole Vault, High Jump

FACILITY: Soquel High School- Track Facility

DIVISIONS: Varsity Girls, Varsity Boys

ENTRY LIMITS: Four entries per event (except relays) per division per school. *Certain events may have an entry number cap depending on number of entries per event but our intent is to try to accept all entries; top12 marks will be accepted for girls and boys pole vault with starting height at 8 ft. for girls and 11 ft. for boys. Girl's high jump will start at 4' and boys will start at 5'.*

-Relays may enter "A" and "B" teams.

-Field Events: 4 attempts for Shot Put, Discus, Long Jump, Triple Jump

AWARDS: Custom LARGE medals for Top 3 places from each event.

TROPHIES: Trophies will be awarded to the Team Champion in both Divisions.

TIMING: Finish Lynx Automatic Timing System will be used.

CONCESSIONS: Soquel HS concessions stand will be open.

ENTRY DEADLINE Entries can be made on www.athletic.net with the deadline at midnight on Tuesday April 16th.

FEES: \$5.00 per entry per event and \$15.00 per relay team.

No additions are to be made on meet day, only substitutions.

Meet will be held Rain or Shine.

PLEASE MAKE CHECKS OUT TO:

Soquel High Track and Field
Attention: Stu Walters, Athletic Director
401 Soquel San Jose Road
Soquel, CA 95073

Track Events: 5pm (Rolling Schedule; there will be a break for officials)

Girls Varsity	4x100 Relay
Boys Varsity	4x100 Relay
Girls Varsity	1600m Run
Boys Varsity	1600m Run
Girls Varsity	100m Hurdles
Boys Varsity	110m Hurdles
Girls Varsity	400m Dash
Boys Varsity	400m Dash
Boys Varsity	100m Dash
Girls Varsity	100m Dash
Girls Varsity	800m Run
Boys Varsity	800m Run
Girls Varsity	300m Hurdles
Boys Varsity	300m Hurdles
Girls Varsity	200m Dash
Boys Varsity	200m Dash
Girls Varsity	3200m Run
Boys Varsity	3200m Run
Girls Varsity	4x400 Relay
Boys Varsity	4x400 Relay

Field Events 5pm; warm ups start @ 4pm (pole vault @ 3:30)

(4 attempts SP, D, LJ, TJ; entry ht for PV 8 ft. for girls, 11 ft for boys.)

Entry ht for HJ is 4' for girls, 5' for boys.

4:30pm	Boys Varsity	Pole Vault*
5pm	Girls Varsity	Discus
	Boys Varsity	Shot Put
	Girls Varsity	Long Jump
	Boys Varsity	Long Jump
	Girls Varsity	High Jump

7pm (may start earlier)

Girls Varsity	Pole Vault*
Boys Varsity	Discus
Girls Varsity	Shot Put
Boys Varsity	Triple Jump
Girls Varsity	Triple Jump
Boys Varsity	High Jump

* Girls pole vault will immediately following completion of boys vault

