

14th Annual
Willow Glen Track and Field Invitational
Willow Glen High School
Saturday, March 2, 2019

The 14th annual Willow Glen Track and Field Invitational will be held on Saturday March 2, 2019. The meet will be held on the outstanding track facility at Willow Glen High School, at 2001 Cottle Avenue, San Jose CA, 95125. We will Feature all levels of competition: Varsity Boys, Varsity Girls, Frosh/Soph Boys, and Frosh/Soph Girls. Please review Starting Block techniques, so races can run much smoother and save time.

Entry Fees: \$5.00 per event for individuals and \$15.00 per relay team, or a maximum fee of \$450.00 per school. (Includes both Boys and Girls teams).

Note: Entry Fees may be paid prior to the invitational or at the entrance gate on Saturday March 2, 2019.

All Entries must be submitted to Athletic.net only. (Do not phone, Fax, or email entries to the meet director. **Entry Deadline:** All entries must be received by Athletic.net before Midnight , Sunday, February 24th. No updates after the entry deadline. All coaches can verify their entries on Wednesday February 27, at Athletic.net. Scratches: If you need to scratch an athlete before the entry deadline, contact the Athletic.net website. Scratches after the deadline should be mailed to Johnsport408@yahoo.com, or blindemann@bcp.org or Make checks payable to: Willow Glen High Track Fund. Send checks to Willow Glen High School Track, 2001 Cottle Avenue, San Jose CA. 95125.

General Information: Awards to 1,2,3,4, place finishers.

Championship Trophies: Varsity Boys, and Varsity Girls Teams.

Admission: Adults, \$6.00, Students, \$3.00, Seniors, \$4.00.

Programs: \$2.00, T-Shirts, \$15.00 each. Concession Stand.

Meet Director: John Owens (408) 624-6960. Johnsport408@yahoo.com.

**14th Annual
Willow Glen Track & Field Invitational
March 2, 2019**

Field Events: Check in 30 minutes prior to event.

8:30 AM

F/S High Jump
F/SG Discus
F/S Shot Put
F/S Long Jump
VB Triple Jump
F/S Pole Vault

10:30 AM

VB High Jump
VG Discus
VB Shot Put
VB Long Jump
F/SG Triple Jump
VG Pole Vault

12:30 PM

F/SG High Jump
F/S Discus
F/SG Shot Put
F/SG Long Jump
V/G Triple Jump
VB Pole Vault

2:30 PM

VG High Jump
VB Discus
VG Shot Put
VG Long Jump
F/S Triple Jump
F/SG Pole Vault

*** Shot Put, Discus, Long Jump, Triple Jump 4 Attempts
implement weigh-ins from 7:30 AM to 8:30 AM.**

Willow Glen Track and Field Invitational

Track Events Approximate Time (Rolling Time Schedule)

Check in 1 hour prior to events, or before previous event.

- Check in by the deadline or you will be scratched from the event.
- Check-in located beneath the bleachers
- Each event is seeded from fastest to slowest
- Get your hip number once heats are seeded (about 15 minutes before race)
- Hip numbers are available behind the timing system tent by finish line.

Track Event Schedule

March 2, 2019

Event	Order	Start Time	Check-in Deadline
4x100	FSG, FSB, VG, VB	9:00 AM	8:15 AM
1600	FSG, FSB, VG, VB	9:15 AM	8:45 AM
100 M Hurdles	FSG, VG	10:30 AM	10:00 AM
110 M Hurdles	VB	10:45 AM	10:00 AM
65 M Hurdles	FSB	10:50 AM	10:00 AM
400 M	FSG, FSB, VG, VB	11:00 AM	10:30 AM
100 M	FSG, FSB, VG, VB	11:30 AM	11:00 AM
Lunch Break			
800 M	FSG, FSB, VG, VB	1:00 PM	12:30 PM
300 Hurdles	FSG, FSB, VG, VB	1:45 PM	1:15 PM
3200 (F/S Only)	FSG, FSB	2:10 PM	1:40 PM
200 M	FSG, FSB, VG, VB	2:45 PM	2:15 PM
3200 (Varsity Only)	VG, VB	3:45 PM	3:15 PM

4x400

FSG, FSB, VG, VB

4:30 PM

4:00 PM