



5th Annual

## ***'Knights Invite'***

Varsity Track and Field Invitational  
Saturday April 16th 2022

At Soquel High School  
(Host of the 2021 CCS Track and Field Championships!)

*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](mailto: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 9 ft. for girls and 11 ft. for boys. Girl's high jump will start at 4'3" and boys will start at 5'3".*

**-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](http://www.athletic.net) with the deadline at midnight on Tuesday April 13<sup>th</sup>, 2022.

**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 9 ft. for girls, 11 ft for boys. Entry ht for HJ is 4'3" for girls, 5'3" 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

	Girls Varsity	Pole Vault*
7pm (may start earlier)	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