

16th Annual Willow Glen Track and Field Invitational Saturday, March 5, 2022

The Willow Glen Track and Field Invitational will be held on Saturday March 5, 2022. The meet will be held on the outstanding track facility at Willow Glen High School, located at 2001 Cottle Avenue in San Jose. 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 Information: \$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 5, 2022. All entries must be submitted to [Athletic.net](https://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, Monday, February 28. No updates after the entry deadline. All coaches can verify their entries on Wednesday, March 2, 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.

Payment: Make checks payable to Willow Glen High Track Fund. Send checks to Willow Glen High School, 2001 Cottle Avenue, San Jose, CA 95125.

General Information: Awards to 1,2,3,4 place finishers. Programs for \$2.00. T-shirts for \$15.00. Concessions available. Medals for top three finishers. Championship trophies for Varsity Boys and Varsity Girls teams.

Admission: Adults \$6.00 and Students \$3.00. Purchase tickets in advance through GoFan: <https://gofan.co/app/events/504840?schoolId=CA23094>

Meet Director: John Owens 408-624-6960

Willow Glen Track and Field Invitational

Track Events Approximate Times – all events on a rolling time schedule

Check in one hour prior to events, or before preceding event

- Check in by the deadline or you will be scratched from the event.
- Check-in is located beneath the bleachers near the pole vault. Please respect the space needed for Pole Vaulters.
- Each event is seeded from the fastest to slowest.
- Get your hip number once heats are seeded, 15-30 minutes before race. Hip numbers will be on the field behind the finish line timer OR near athlete event check-in, TBD.

Track event schedule

March 5, 2022

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	11:30 AM	11:00 AM

Lunch break if on schedule

800 M	FSG, FSB, VG, VB	1:00 PM	12:30 PM
300 M 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)	VG, VB	3:45 PM	3:15 PM
4x400	FSG, FSB, VG, VB	4:30 PM	4:00 PM

Willow Glen Track and Field Invitational

Field Events: Check in 30 minutes prior to event.

8:30 AM

F/SB High Jump

F/SG Discus

F/SB Shot Put

F/SB Long Jump

VB Triple Jump

F/SB Pole Vault

12:30 PM

F/SG High Jump

F/SB Discus

F/SG Shot Put

F/SG Long Jump

VG Triple Jump

VB Pole Vault

10:30 AM

VB High Jump

VG Discus

VB Shot Put

VB Long Jump

F/SG Triple Jump

VG Pole Vault

2:30 PM

VG High Jump

VB Discus

VG Shot Put

VG Long Jump

F/SB 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



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ATHLETICS



<https://gofan.co/app/events/504840?schoolId=CA23094>

WILLOW GLEN TRACK INVITE