

# LYNBROOK INVITATIONAL

## MARCH 25TH, 2023

### **ENTRY INFORMATION**

- All entries should be completed on [ATHLETIC.NET](https://athletic.net) Entries submitted by any other method will not be accepted
- **Entry deadline: March 19th, 2023 @ 5:00PM.**
- All entries must be official & Fully Automatic Timed (FAT)
- All entries must be achieved in 2023 season
- Max 4 athletes per school in each event & division
- Max 2 relays per school in each division
- Meet management will adjust field sizes as necessary to ensure a competitive field.
- DMR & 4X800M will be VARSITY ONLY (If you haven't ran one yet, enter combined time of athletes)
- 400H entries will be based of 300H time

### **ENTRY FEES**

- All entry fees must be paid in full before your packet is issued. Entry fees are calculated based upon Accepted entries.
- Individuals: \$5 per event; Relays: \$20 per relay team; Team maximum: \$400
- Please make check payable to:

**LYNBROOK ASB - TRACK**  
**1280 JOHNSON AVE**  
**SAN JOSE, CA 95129**

### **EVENT CHECK IN**

- Field event athletes will check in at their event
- Track athletes must check in at the Clerk of the Course
- All athletes must check in 30minutes before the start of their event.
- Failure to check in will forfeit spot to an Alternate.

### **ALTERNATES:**

- Meet management will do its best to include alternates.
- Alternates should check in at the Clerk of the Course or Field event. If athletes don't check in by final call, alternate will be placed into the event.

### **RUNNING EVENTS**

- All races will be run as Finals
- Fast heats will run first

### **FIELD EVENTS**

- Top flight will be contested last
- Unfortunately we won't be contesting the Pole Vault
- Athletes will receive 4 attempts
- High Jump will follow the "5 alive" format
- Starting heights will be determined once entries are completed
- Athletes that have multiple events, must check in/out with field event official

## **IMPLEMENT WEIGH INS**

- Will be set up by the Shot Put & Discus Area
- Must have your implements weighed in & certified prior to competition

## **RESULTS & AWARDS**

- Live results will be available & will be Fully Automatic Timed (FAT)
- Medals will be awarded to the Top 3 athletes/relays in each event based on best performances across all sections.
- Team scoring will be NFHS rules for 8 athletes scoring; 10-8-6-5-4-3-2-1.
- Please do not approach the timing area, Any questions or issues go to Meet Director

## **ADMISSION:**

- General Admission: \$5

## **QUESTIONS:**

- For further information or questions please contact the Meet Director

**Bernie Ramos**

[bernie\\_ramos27@yahoo.com](mailto:bernie_ramos27@yahoo.com)

## **SCHEDULE OF EVENTS:**

*IF MEET MANAGEMENT CAN RUN AHEAD OF SCHEDULE WE WILL RUN THE MEET AHEAD  
WILL RUN NO MORE THAN 30MINUTES AHEAD OF SCHEDULE*

- Meet schedule is a guideline, we will have an updated FINAL schedule once we have all entries completed

### **FIELD EVENTS**

**TOP 24 MARKS WILL BE ACCEPTED**

<b>EVENT</b>	<b>9:00AM</b>	<b>11:00AM</b>	<b>1:00PM</b>
<b>DISCUS</b>	VARSITY BOYS	FROSH SOPH BOYS	VARSITY GIRLS
<b>SHOT PUT</b>	VARSITY GIRLS	VARSITY BOYS	FROSH SOPH BOYS
<b>LONG JUMP</b>	VARSITY BOYS	VARSITY GIRLS	FROSH SOPH BOYS
<b>TRIPLE JUMP</b>	FROSH SOPH BOYS	VARSITY BOYS	VARSITY GIRLS
<b>HIGH JUMP</b>	VARSITY GIRLS	FROSH SOPH BOYS	VARSITY BOYS

## RUNNING EVENTS

TIME	EVENT	DIVISION	HEATS
8:30AM	DMR	VARSITY GIRLS	1
8:45AM	DMR	VARSITY BOYS	1
9:00AM	100HH	VARSITY GIRLS	3
9:20AM	110HH	VARSITY BOYS	3
9:35AM	65HH	FROSH SOPH BOYS	3
9:50AM	4X100M	VARSITY GIRLS	3
10:00AM	4X100M	VARSITY BOYS	3
10:10AM	4X100M	FROSH SOPH BOYS	3
10:20AM	1600M	VARSITY GIRLS	2
10:35AM	1600M	VARSITY BOYS	2
10:45AM	1600M	FROSH SOPH BOYS	2
11:00AM	400M	VARSITY GIRLS	3
11:10AM	400M	VARSITY BOYS	3
11:20AM	400M	FROSH SOPH BOYS	3
11:30AM	100M	VARSITY GIRLS	4
11:50AM	100M	VARSITY BOYS	4
12:10PM	100M	FROSH SOPH BOYS	3
12:30PM	800M	VARSITY GIRLS	2
12:45PM	800M	VARSITY BOYS	2
1:00PM	800M	FROSH SOPH BOYS	2
1:15PM	400H	VARSITY GIRLS	2
1:25PM	400H	VARSITY BOYS	2
1:35PM	400H	FROSH SOPH BOYS	1
1:50PM	200M	VARSITY GIRLS	4
2:10PM	200M	VARSITY BOYS	4
2:30PM	200M	FROSH SOPH BOYS	3
2:50PM	4x800M	VARSITY GIRLS	1
3:05PM	4x800M	VARSITY BOYS	1
3:20PM	3200M	FROSH SOPH BOYS	1
3:35PM	3200M	VARSITY GIRLS	1
3:50PM	3200M	VARSITY BOYS	1
4:05PM	4x400M	FROSH SOPH BOYS	2
4:15PM	4x400M	VARSITY GIRLS	2
4:30PM	4x400M	VARSITY BOYS	2