

17th Annual Willow Glen Track and Field Invitational Willow Glen High School Saturday, March 11, 2023

The 17th annual Willow Glen Track and Field Invitational will be held on Saturday March 11, 2023. 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 11, 2023.

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 , Monday, March 6. No updates after the entry deadline. All coaches can verify their entries on Wednesday March 8th, on 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. 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 for Varsity Boys and Varsity Girls teams.

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

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

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

Meet Director: John Owens (408) 624-6960.

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.

Rolling Schedule

Track Event Schedule

March 11, 2023

| Event | Order | Start Time | Check-in Deadline by: |
|-----------------|------------------|------------|-------------------------|
| 4x100 | FSG, FSB, VG, VB | 9:00AM | 8:00 AM |
| 1600 | FSG, FSB, VG, VB | 9:30 AM | 8:15 start of 4x100 |
| 100 M Hurdles | FSG, VG | 10:30 AM | 8:30 by start of 4x100 |
| 110 M Hurdles | VB | 10:50 AM | 10:00 AM start of 1600 |
| 65 M Hurdles | FSB | 11:00 AM | 10:00 AM start of 100 H |
| 4x800 Relay | VG, VB | 11:15 AM | 10:30 AM start of 110 H |
| 400 M | FSG, FSB, VG, VB | 11:30 AM | 10:45 AM start of 65 H |
| 100 M | FSG, FSB, VG, VB | 12:15 AM | 11:15 AM start of 4x800 |
| Lunch Break | | | |
| 800 M | FSG, FSB, VG, VB | 1:30 PM. | 12:30 PM start of 400M |
| 300 Hurdles | FSG, VG, FSB, VB | 2:45 PM. | 1:15 PM start of 100M |
| 3200 (F/S Only) | FSG, FSB | 3:10 PM. | 1:40 PM start of 800M |
| 200 M | FSG, FSB, VG, VB | 3:45 PM. | 2:15 PM start of 300H |
| 3200 (Varsity) | VG, VB | 4:45 PM. | 3:15 PM start of 3200 |

4x400

FSG, FSB, VG, VB

5:00 PM

3:45 PM Start of 200M

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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.**