

2024 Cupertino HS / De Anza College Invitational meet update

Thank you for attending our meet. This year we received the most entries and number of teams ever for this meet. We eliminated a lot of entries to make the meet manageable. Time and schedule changes were required for the start of running events and an earlier start of Girl's Discus. All of these changes were necessary due to the record number of entries and the need to finish in the daylight due to no lights at De Anza. We apologize that we could not accept all entries, we had to cut the bottom Freshmen and Sophomores from the meet to keep the meet time within a reasonable timeframe, and this is a **Varsity** Meet. Preference was given to juniors and seniors.

The meet will start at **9:00am**. It has always been our intention to run the meet on time and still accommodate a large number of athletes. Please pay attention to the event calls for check-in. Track check-in will be near the start of the 100. Field event check-in will be at the event site. Be aware that there may be "minor" changes to the schedule as needed.

We will not run more than 20 minutes ahead.

Make sure your athletes know how to set-up their blocks.

Make sure your athletes have their shots and discs weighed-in in a timely manner. Weigh ins will be in the shed by the finish line beginning at 8:00 AM.

Warm-up on the soccer field and not the track infield.

Hang out or camp out in the stands or outside the track and not in the track infield.

Parking is free.

Meet t-shirts will be available for \$20.

The snack shack will be open.

Link to meet program

https://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2024/cup_pgm.htm

Meet schedule is below:

2024 Tino/De Anza Invite Schedule

Running events

9:00 AM VG and FSG 4x800 (1 Heat)

FSB 4x800 (1 Heat)

VB 4x800 (1 Heat)

9:40 AM VG 4x100 (2 Heats)

VB 4x100 (3 Heats)

FSG 4x100 (1 Heats)

FSB 4x100 (2 Heats)

10:05 AM VG 1600 (4 Heats)

10:40 AM VB 1600 (4 Heats)

11:10 AM VG 100H (5 Heats)

11:30 AM VB 110HH (5 Heats)

11:50 AM VG 400 (5 Heats)

12:05 PM VB 400 (9 Heats)

12:35 PM FSG 800 SMR (1 Heat)

FSB 800 SMR (2 Heats)

12:45 PM VG 100 (9 Heats)

1:05 PM VB 100 (9 Heats)

1:25 PM VG 800 (5 Heats)

1:45 PM VB 800 (5 Heats)

2:10 PM VG 400H (3 Heats)

2:20 PM VB 400H (5 Heats)

2:35 PM FSG DMR (1 Heat)

2:55 PM FSB DMR (1 Heat)

3:15 PM VG 200 (9 Heats)

3:35 PM VB 200 (9 Heats)

3:55 PM VG 3200 (1 Heat)

4:15 PM VB 3200 (3 Heats)

4:55 PM FSG 4x400 (1 Heat)

FSB 4x400 (1 Heat)

VG 4x400 (1 Heat)

VB 4x400 (2 Heats)

Field Event Schedule

**All Athletes must report at least 30 minutes prior to their field event. We will set flights based on check-ins, with the top flights going first.

**For athletes in Shot and Discus we will make efforts to make sure you aren't throwing both events at the same time by adjusting your flight within reason if needed.

**Times for VB PV and VG & VB HJ and VG and VB TJ are all approximate times these events will be on a rolling schedule.

9:00 AM VG Pole Vault (Opening Height 7'6")

VG Long Jump – North Runway (4 Flights)

VB Long Jump – South Runway (5 Flights)

VG Shot Put (3 Flights)

10:00 AM VB Discus – North Ring (6 Flights)

11:00 AM VG Discus – South Ring (4 Flights)

VB Pole Vault (Opening Height 10'0")

12:00 PM VB Shot Put (5 Flights)

1:00 PM VG High Jump (Opening Height 4'6")

VG Triple Jump – North Runway (2 Flights)

2:00 PM VB Triple Jump – South Runway (4 Flights) We will move 1-2 Flights over to the South Runway after women's TJ ends to speed up

3:30 PM VB High Jump (Opening Height 5'6")