

# 18th Willow Glen Track & Field Invitational

## Saturday, March 9, 2024

The Willow Glen Track and Field Invitational will be held on Saturday March 9, 2024. 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 more efficiently.

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 9, 2024. 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 4th**. No updates after the entry deadline. All coaches can verify their entries on Wednesday, March 6th, 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](mailto:Johnsport408@yahoo.com) or [BLindemann@bcp.org](mailto: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. Meet merchandise for sale. Concessions available. Medals for top four finishers. Championship trophies for Varsity Boys and Varsity Girls teams.

Admission: Adults \$6.00 and Students \$3.00. Please purchase tickets in advance through GoFan: <https://gofan.co/event/1333899?schoolId=CA23094>

Meet Director: John Owens 408-624-6960

Track Event times are approximate – all events on a rolling time schedule. See meet website [www.WGInvitational.com](http://www.WGInvitational.com) after March 7th for updated track schedule based on entries.

- 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 minutes before the race. Hip numbers will be distributed on the field behind the finish line timer.

### **Track event schedule - check in ~30 minutes before event**

Event Order and Estimated Start time/Check in deadline

4x100m 9:00 /8:40

1600m 9:20/9:00

Hurdles 11:00/10:30

4x800m Relay 11:45AM/11:15AM

400m 12:00/11:30

Lunch break if on schedule 1:00-1:30

100m 1:30/1:00

800m 3:00/2:30

300m Hurdles 4:00/3:30

3200m F/SG &F/SB ONLY 4:45/4:15

200m 5:00/4:30

3200m VG/VB ONLY 6:15/5:45

4x400m Relay 6:30/6:00

## **Field Events - check in 30 minutes before 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

[www.WGInvitational.com](http://www.WGInvitational.com)