

26th ANNUAL NORTH SALINAS TRACK/FIELD INVITATIONAL & RELAYS April 8, 2017

- DIVISIONS: Varsity Boys and Girls, Frosh/Soph Boys and Girls
- LOCATION: North Salinas High School – All Weather facility
- DATE & TIME: Saturday, April 8, 2017
Starting Time: 9:00 a.m.
- AWARDS: Medals with neck ribbons to top six places!
Team Trophy to Winning Team in Each Division
- ENTRY FEES: \$4.00 per individual per event entry and \$10.00 relay event entry.
Maximum entry is \$350.00 per school. (Bring the whole team...Best deal around!)
Make Checks payable to: NORTH SALINAS HIGH SCHOOL TRACK & FIELD
- E-MAIL ENTRIES: We will be using [Athletic.net](#) online service for our entries.
- ENTRY DEADLINE: All entries must be received by 9:00 p.m., Tuesday, April 4, 2017. Late entries must contact the meet director and if accepted will be charged an additional \$25.00 late fee.
- SUBSTITUTIONS: Substitutions will be allowed. NO ADDITIONS ON RACE DAY PLEASE!
- SPIKES: ¼ spikes or less only!
- CONCESSIONS: A concession stand will be available
- OPENING HEIGHTS: All jumping event opening heights will be determined after review of the entries.
Probable heights are BF/S HJ 4'8", GF/SHJ 4', BF/S PV 8'0", GF/S PV 6'0".
BVAR HJ – 5'4", BVAR PV – 9', GVAR HJ – 4'6", GVAR PV – 7'
- COACH'S PACKET: A coaching packet will be available upon arrival at the athletes' gate.
- CLERK: All athletes must check in with the clerk of the course. Field events will check in at the event.

WEIGH INS: All implements must be weighed in before the competitions. Scales will be open starting at 8:00 am and continuing at designated times throughout the day.

ELECTRONIC TIMING: FinishLynx Automatic Timing will be used for all running events

SPECTATORS GATE: Adults = \$4.00, Students w/ASB card = \$1.00, under 12/Over 65 = Free

ENTRY FEE FORM

NAME OF SCHOOL _____

NUMBER OF ENTRIES X \$4.00 = _____

(EXAMPLE: Mario is entered in 2 events is 2 X \$4.00 = \$8.00 for Mario to compete in both events)

NUMBER OF RELAYS ENTERED x \$10.00 = _____

TOTAL ENTRY FEE = _____

MAXIMUM ENTRY FEE OF \$350.00 per school. Helping out in these economic times!

Make Checks payable to: North Salinas High School Track

MAIL TO: NORTH SALINAS HIGH SCHOOL
ATTN: Alan Green
55 Kip Dr.
Salinas, CA. 93906

E-MAIL Questions to alan.green@salinasuhd.org or to 831-796-7500 ext 2727

Submit Entries through athletic.net to be received no later than Tuesday, April 4, 2017 by 8:00 p.m.

NORTH SALINAS INVITATIONAL & RELAYS
SATURDAY April 8, 2017

ORDER OF EVENTS

(9:00 A.M)

3200 Meters – VG, VB)

1600 Meters – GF/S, BF/S

RUNNING FINALS

(10:15 A.M.)

4 x 100 Relay – GF/S, BF/S, GV, BV

1600 Meters – GV, BV

High Hurdles - GF/S, GV, BF/S, BV

400 Meters - GF/S, BF/S, GV, BV

100 Meters - GF/S, BF/S, GV, BV

800 Meters - GF/S, BF/S, GV, BV

300 IH - GF/S, GV, BF/S, BV

Sprint Medley Relay (100, 100, 200, 400) - GF/S, BF/S, GV, BV

3200 Meters - GF/S, BF/S

4 X 400 Meters - GV, BV, GF/S, BF/S

FIELD EVENTS

9:15 = Pole Vault – GV, GF/S, BF/S, BV

9:30 = High Jump (West) – BV, GV,

9:30 = High Jump (East) – BF/S, GF/S

(Three Attempts in Throws & Horizontal Jumps –Trials; Top 7 to Finals)

9:30 = Long Jump

- Pit 1(West Pit) BF/S, then BV

- Pit 2 (East Pit) GF/S, then GV

*** Triple Jump to begin at conclusion of Long Jump**

9:30 = Shot Put - Pit 1(East Ring) - GF/S, then BF/S

- Pit 2 (West Ring) - GV, then BV

9:30 = Discus – (Outside Ring) BF/S, GF/S

9:30 = Discus – (Inside Ring) BV, GV