

**15<sup>th</sup> Annual**  
**Willow Glen Track and Field Invitational**  
**Willow Glen High School**  
**Saturday, March 7, 2020**

The 15<sup>th</sup> annual Willow Glen Track and Field Invitational will be held on Saturday March 7, 2020. 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 7, 2020.

All Entries must be submitted to [Athletic.net](http://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 2. No updates after the entry deadline. All coaches can verify their entries on Wednesday March 4, 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). 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, Seniors, \$4.00.

**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.

Track Event Schedule

March 7, 2020

Event	Order	Start Time	Check-in Deadline
4x100	FSG, FSB, VG, VB	9:00 AM	8:15 AM
1600	FSG, FSB, VG, VB	9:15 AM	8:45 AM
100 M Hurdles	FSG, VG	10:30 AM	10:00 AM
110 M Hurdles	VB	10:45 AM	10:00 AM
65 M Hurdles	FSB	10:50 AM	10:00 AM
400 M	FSG, FSB, VG, VB	11:00 AM	10:30 AM
100 M	FSG, FSB, VG, VB	11:30 AM	11:00 AM
Lunch Break			
800 M	FSG, FSB, VG, VB	1:00 PM	12:30 PM
300 Hurdles	FSG, FSB, VG, VB	1:45 PM	1:15 PM
3200 (F/S Only)	FSG, FSB	2:10 PM	1:40 PM
200 M	FSG, FSB, VG, VB	2:45 PM	2:15 PM
3200 (Varsity Only)	VG, VB	3:45 PM	3:15 PM
4x400	FSG, FSB, VG, VB	4:30 PM	4:00 PM

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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.**