

LYNBROOK INVITATIONAL

MARCH 29TH, 2025

ENTRY INFORMATION

- All entries should be completed on [ATHLETIC.NET](https://athletic.net) Entries submitted by any other method will not be accepted
- **Entry deadline: March 23rd, 2024 @ 8:00PM.**
- All entries must be official & Fully Automatic Timed (FAT)
- All entries must be achieved in 2025 season
- Max 5 athletes per school in each event & division
- Max 2 relays per school in each division
- Meet management will adjust field sizes as necessary to ensure a competitive field.
- SMR & 4X800M will be VARSITY ONLY (If you haven't ran one yet, enter combined time of athletes, if field is limited, we may combine boys & girls heats)
- 400H entries will be based of 300H time

ENTRY FEES

- All entry fees must be paid in full before your packet is issued. Entry fees are calculated based upon Accepted entries.
- Individuals: \$10 per event; Relays: \$20 per relay team; Team maximum: \$500
- Please make check payable to:
LYNBROOK ASB - TRACK
1280 JOHNSON AVE
SAN JOSE, CA 95129

EVENT CHECK IN

- Field event athletes will check in at their event
- Track athletes must check in at the Clerk of the Course
- All athletes must check in 30minutes before the start of their event.
- Failure to check in will forfeit spot to an Alternate.

RUNNING EVENTS

- All races will be run as Finals
- Fast heats will run first

FIELD EVENTS

- Top flight will be contested last
- Unfortunately we won't be contesting the Pole Vault
- Athletes will receive 4 attempts

- High Jump will follow the “5 alive” format
- Starting heights will be determined once entries are completed
- Athletes that have multiple events, must check in/out with field event official
- Wind Gauges will be available for Horizontal Jumps

IMPLEMENT WEIGH INS

- Will be set up by the Shot Put & Discus Area
- Must have your implements weighed in & certified prior to competition

RESULTS & AWARDS

- Live results will be available & will be Fully Automatic Timed (FAT)
- Medals will be awarded to the Top 3 athletes/relays in each event based on best performances across all sections.
- Team scoring will be NFHS rules for 8 athletes scoring; 10-8-6-5-4-3-2-1.
- Please do not approach the timing area, Any questions or issues go to Meet Director

ADMISSION:

- General Admission w/Student ID: \$5
- Adult Admission: \$8
- Senior Citizens (65+) & Children (6 & under): Free

QUESTIONS:

- For further information or questions please contact the Meet Director

Bernie Ramos

bernie_ramos27@yahoo.com

SCHEDULE OF EVENTS:

*IF MEET MANAGEMENT CAN RUN AHEAD OF SCHEDULE WE WILL RUN THE MEET AHEAD
WILL RUN NO MORE THAN 15 MINUTES AHEAD OF SCHEDULE*

- Meet schedule is a guideline, we will have an updated FINAL schedule once we have all entries completed

FIELD EVENTS
TOP 32 MARKS WILL BE ACCEPTED

EVENT	9:00AM	11:00AM	1:00PM
DISCUS	VARSITY BOYS	FROSH SOPH BOYS	VARSITY GIRLS
SHOT PUT	VARSITY GIRLS	VARSITY BOYS	FROSH SOPH BOYS
LONG JUMP	VARSITY BOYS	VARSITY GIRLS	FROSH SOPH BOYS
TRIPLE JUMP	FROSH SOPH BOYS	VARSITY BOYS	VARSITY GIRLS
HIGH JUMP	VARSITY GIRLS	FROSH SOPH BOYS	VARSITY BOYS

RUNNING EVENTS

4x800M may combine boys & girls heats

TIME	EVENT	DIVISION	HEATS
9:30AM	3200M	VARSITY GIRLS	1
9:45AM	3200M	VARSITY BOYS	1
10:00AM	100HH	VARSITY GIRLS	3
10:15AM	110HH	VARSITY BOYS	3

10:30AM	65HH	FROSH SOPH BOYS	2
10:40AM	4X100M	VARSITY GIRLS	2
10:45AM	4X100M	VARSITY BOYS	2
10:50AM	4X100M	FROSH SOPH BOYS	2
10:55AM	1600M	VARSITY GIRLS	2
11:11AM	1600M	VARSITY BOYS	2
11:25AM	1600M	FROSH SOPH BOYS	2
11:39AM	400M	VARSITY GIRLS	5
11:54AM	400M	VARSITY BOYS	5
12:09PM	400M	FROSH SOPH BOYS	5
12:24PM	100M	VARSITY GIRLS	6
12:48PM	100M	VARSITY BOYS	6
1:12PM	100M	FROSH SOPH BOYS	5
1:32PM	800M	VARSITY GIRLS	2
1:40PM	800M	VARSITY BOYS	2
1:47PM	800M	FROSH SOPH BOYS	2
1:54PM	400H	VARSITY GIRLS	2
2:00PM	400H	VARSITY BOYS	2
2:05PM	400H	FROSH SOPH BOYS	1
2:10PM	200M	VARSITY GIRLS	6
2:35PM	200M	VARSITY BOYS	6
3:00PM	200M	FROSH SOPH BOYS	5
3:20PM	4x800M***	VARSITY GIRLS	1
3:35PM	4x800M***	VARSITY BOYS	1

3:48PM	800SMR	VARSITY GIRLS	2
3:55PM	800SMR	VARSITY BOYS	2
4:02PM	3200M	FROSH SOPH BOYS	1
4:17PM	4x400M	FROSH SOPH BOYS	2
4:27PM	4x400M	VARSITY GIRLS	2
4:37PM	4x400M	VARSITY BOYS	2