



SFINVITE

XXXVI

SATURDAY, MARCH 16, 2019

MEET DATE AND TIME

Saturday, March 16th, 2019 – Event Schedule attached

ENTRY INFORMATION

- ALL ENTRIES should be completed on www.athletic.net. Entries submitted by any other method will NOT BE ACCEPTED.
- All entries are due by **SUNDAY, March 10, 2019 @ 5:00 P.M.** You may update or change your entries anytime up until the deadline.
- **NO LATE ENTRIES WILL BE ACCEPTED.**
- Athletes will be considered according to marks submitted by the close of entries – there will be no opportunity to update/amend performances after the entry deadline.
- Every athlete needs to have a mark in their event to be included in the meet.

RELAY ENTRY PROCEDURE

- When possible, please enter actual relay marks that have been achieved in the 2019 season.
- For the 4x200, SMR & DMR please submit a projected time based on individual times if you do not have a relay time.
- **RELAY TEAMS – YOU NEED TO PUT IN YOUR SEASON BEST. FAILURE TO DO THIS WILL RESULT IN YOUR TEAM BEING SEEDDED WITH A MARK OF “NT” (NO TIME). PLEASE INDICATE IN THE COMMENTS IF IT IS A 2019 or 2018 TIME.**

LIMITATIONS ON ENTRIES

- In order to achieve balanced field sizes, please note that schools will be LIMITED to entering NO MORE THAN 3 ATHLETES IN AN EVENT.
- Schools may enter multiple relay teams in an event.

ENTRY GUIDELINES

- We will attempt to accept all entrants who meet the guidelines below so as to not exceed the field size limit for that event. PLEASE NOTE – The standards below are guidelines and DO NOT guarantee that an athlete will be accepted.
- Please note the opening heights and minimum measured distances will be posted after the accepted entry list is posted.
- It is recommended that the following performances have been achieved in the 2019 season, but personal bests on Athletic.net will be considered. No manual overrides are accepted, but comments may be added to entry marks.
- Please note that meet management reserves the right to adjust field sizes as necessary to ensure the meet has the best competitive atmosphere possible.

COMPETITION INFORMATION

- Please see the meet schedule for individual event times and number of heats/flights.
- The meet schedule is a guideline. **IF MEET MANAGEMENT HAS THE ABILITY TO RUN AHEAD OF SCHEDULE WE WILL DO SO.**
- WE WILL NOT RUN MORE THAN 30 MINUTES AHEAD OF SCHEDULE.

EVENT CHECK IN

- In running events, all relay teams and individual contestants will report to the Clerk's Circle at the east end of the track near the warm-up field by the second call. They will be given instructions at that time.
- Field event athletes will check in at the event.
- CHECK-IN CLOSES 30 MINUTES PRIOR TO THE START OF THE EVENT.

RUNNING EVENTS

- Running events will begin at 8:00 am

FIELD EVENTS

- Field events will begin at 8:00 am
- The field for the shot put and discus will be limited to no more than 36 contestants (4 flights of 9 each).
- The long and triple jump will be limited to no more than 32 athletes (4 flights of 8 each).
- In the field events, triple jump, long jump, shot put and discus, each athlete will receive 4 attempts. There will be **NO FINALS!**
- The Invitational section of the discus will receive 3 preliminary throws followed by 3 final throws.
- Each athlete is guaranteed one legal attempt measured. After one they must hit the meet standard. (will be published once entries are received)
- The high jump and pole vault will follow the "5 alive" format.
- The pole vault will have two pits for competition. One in the D-Zone on the east end of the track, the other on the field using a raised board runway.
- Starting heights and progression will be determined once entries are complete.

IMPLEMENT WEIGH INS

- We will be weighing in implements at the WEST end of the track.
- Weigh ins will begin at 7:00 am
- Implements not making weight will be held until after the event is completed.

ENTRY FEES AND PAVEMENT PROCEDURES

- All entry fees must be paid in full before your packet is issued. Entry fees are calculated based upon the status of **ACCEPTED ENTRIES**.
- Please make checks payable to: **St. Francis High School Track & Field**.
- Individuals: \$5.00 per athlete per individual event entered; Relays: \$15.00 per relay team entered.
- Maximum entry fee per school: \$450.00

ALTERNATES

- Alternates for each event will be published.
- We will try to include as many alternates as possible.
- Alternates should check in with the clerk of the course. If a seeded athlete does not check in by final call then the alternates will be placed into the event.

RESULTS

- Live results will be posted on the meet website.

AWARDS

- Award shirts will be given to the top 3 athletes/relay teams in each event.
- **NOTE:** In the case of multiple sections, final results will be based on the best performances across all sections.

TRACK FACILITY INFORMATION

WARM-UP AREA

- The warm-up area will be located on the softball field on the north side of the track.
- Access to the warm-up area is located on the east side of the track near the clerk.

ATHLETES

- Only athletes preparing for the next event should be on the field.
- No headphones/electronics will be allowed on the infield or track.
- All CIF uniform rules will be enforced.

COACHES

- Designated coaches with the proper field passes will be allowed on the infield. If you do not have a field pass please refrain from going down to the infield.
- Coaches are not allowed in the press box or timing area.

SPECTATORS

- NO SPECTATORS SHOULD BE ON THE INFIELD.
- ATHLETES NOT CURRENTLY COMPETING OR WARMING UP SHOULD NOT BE ON THE MAIN FIELD.

SPORTS MEDICINE

- There will be an athletic trainer on site stationed at the center of the field.

SPIKE LENGTH

- Pyramid spikes NO longer than ¼" (9mm) must be worn on the track for ALL events. We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose spikes are too long will not be permitted to compete with those spikes.

LOCKER ROOM FACILITIES

- There are no dressing rooms or shower facilities. Meet Management encourages all teams to come to the meet prepared to compete.

GENERAL INFORMATION

ADMISSIONS

- General admission - \$5
- Seniors & students with ID - \$3
- Children 12 and under - \$2

T-SHIRTS

- Souvenir t-shirts will be available for purchase near the entry gate.

CONCESSIONS

- Concessions and BBQ will be available throughout the day.

PARKING

- Access to the stadium is from the south entrance adjacent to South Drive.
- Some parking is available on campus.

2019 SAINT FRANCIS HIGH SCHOOL
TRACK AND FIELD INVITATIONAL
RUNNING EVENTS SCHEDULE

Time	Event	Division	Heats
8:00 AM	3000 M	VAR GIRLS	1
8:15 AM	3000 M	VAR BOYS	1
8:30 AM	100 H	FROSH/SOPH GIRLS	3
8:40 AM	100 H	VAR GIRLS	3
8:55 AM	110 H	VAR BOYS	3
9:05 AM	65 H	FROSH/SOPH BOYS	3
9:15 AM	800 M	FROSH/SOPH GIRLS	2
9:30 AM	800 M	FROSH/SOPH BOYS	2
9:40 AM	800 M	VAR GIRLS	2
9:50 AM	800 M	VAR BOYS	2
10:00 AM	400 M	FROSH/SOPH GIRLS	3
	400 M	FROSH/SOPH BOYS	3
10:15 AM	400 M	VAR GIRLS	3
	400 M	VAR BOYS	3
10:30 AM	Mile	FROSH/SOPH GIRLS	1
10:40 AM	Mile	FROSH/SOPH BOYS	1
10:50 AM	Mile	VAR GIRLS	1
11:00 AM	Mile	VAR BOYS	1
11:10 AM	100 M	FROSH/SOPH GIRLS	3
11:20 AM	100 M	FROSH/SOPH BOYS	3
11:30 AM	100 M	VAR GIRLS	3
11:40 AM	100 M	VAR BOYS	3
11:50 AM	300H	FROSH/SOPH GIRLS	3
12:00 AM	300H	VAR GIRLS	3
12:10 AM	300H	FROSH/SOPH BOYS	3
12:20 AM	300H	VAR BOYS	3
12:30 PM	4x200	FROSH/SOPH GIRLS	2
	4x200	FROSH/SOPH BOYS	2
12:45 PM	4x200	VAR GIRLS	2
	4x200	VAR BOYS	2
1:00 PM	National Anthem		
1:15 PM	Invitational 100	Girls	1
	Invitational 100	Boys	1
1:30 PM	Invitational Mile	Girls	1
	Invitational Mile	Boys	1
1:50 PM	4x100	FROSH/SOPH GIRLS	2
2:00 PM	4x100	FROSH/SOPH BOYS	2
2:10 PM	4x100	VAR GIRLS	2
2:20 PM	4x100	VAR BOYS	2
2:30 PM	DMR	FROSH/SOPH GIRLS	1
2:45 PM	DMR	FROSH/SOPH BOYS	1
3:00 PM	SMR	FROSH/SOPH GIRLS	2
3:10 PM	SMR	FROSH/SOPH BOYS	2
3:20 PM	SMR	VAR GIRLS	2
3:30 PM	SMR	VAR BOYS	2
3:40 PM	DMR	VAR GIRLS	1
3:55 PM	DMR	VAR BOYS	1
4:10 PM	4x400	FROSH/SOPH GIRLS	2
4:25 PM	4x400	FROSH/SOPH BOYS	2
4:40 PM	4x400	VAR GIRLS	2
4:55 PM	4x400	VAR BOYS	2

2019 SAINT FRANCIS HIGH SCHOOL
TRACK AND FIELD INVITATIONAL
FIELD EVENTS SCHEDULE

TIME	EVENT	DIVISION	NOTES (possible start heights)
8:00 am	DISCUS	F/S GIRLS	
9:00 am	POLE VAULT	F/S GIRLS	START 5' 9"
9:00 am	LONG JUMP	VAR GIRLS	12' BOARD ONLY
9:00 am	TRIPLE JUMP	VAR BOYS	36' BOARD ONLY
9:00 am	HIGH JUMP	F/S BOYS	START 5' 0"
9:00 am	SHOT PUT	F/S BOYS	
9:30 am	POLE VAULT	F/S BOYS	START 8' 9"
9:45 am	DISCUS	F/S BOYS	
11:00 am	SHOT PUT	F/S GIRLS	
11:30 am	LONG JUMP	VAR BOYS	12' BOARD ONLY
11:30 am	HIGH JUMP	F/S GIRLS	START 4' 0
11:30 am	TRIPLE JUMP	F/S BOYS	32' BOARD ONLY
11:30 am	POLE VAULT	VAR BOYS	START 10' 9"
11:30 am	DISCUS	INVITE GIRLS	
12:15 pm	DISCUS	INVITE BOYS	
1:00 pm	TRIPLE JUMP	VAR GIRLS	24' BOARD ONLY
1:00 pm	HIGH JUMP	VAR BOYS	START 5' 8"
1:00 pm	LONG JUMP	F/S GIRLS	8' BOARD ONLY
1:00 pm	SHOT PUT	VAR BOYS	
1:00 pm	DISCUS	VAR GIRLS	
2:00 pm	HIGH JUMP	VAR GIRLS	START 4' 8
2:00 pm	POLE VAULT	VAR GIRLS	START 7' 9"
3:00 pm	DISCUS	VAR BOYS	
3:00 pm	SHOT PUT	VAR GIRLS	
3:00 pm	TRIPLE JUMP	F/S GIRLS	24' BOARD ONLY
3:00 pm	LONG JUMP	F/S BOYS	12' BOARD ONLY

