



Friday Night Lights Invitational

DATE – Friday, March 3rd, 2017

Meet starts at 4:00pm (Gates open 2:30pm)

ADMISSION – Adults \$8.00 , Students (w/ I.D.) \$5.00 , Children (under 10) Free, Military w/I.D. Free

ENTRY FEE – \$10 per event, \$20 per relay. \$400 max entry fee per school (\$200 each Girls /Boys). Checks made payable to San Juan Hills ASB (memo: Track & Field). Competing schools must make payment on or before day of event.

ENTRY PROCEDURE – Entries will be done via Finished Results. Entry deadline is Monday, February 27th, 2017. We will have a frosh/soph and varsity division for both boys and girls. Each school has a maximum of 4 entries per event in each division. Marks entered may be from the 2016 T&F season and will be verified.

MEET FORMAT – There will be 2-3 open heats for most races immediately followed by an Invitational heat. The fastest times entered will compete in the invitational heat with the next fastest times competing in the open heats. Athletes NOT checked in 15 minutes prior to event start will be replaced with alternates.

EVENTS – 4x100m, 1600m, 100m hurdles, 110m hurdles, 400m, 100m, 800m, 300m hurdles, 200m, 3200m, 4x400m, HJ, LJ, TJ, Shot Put, Discus, Pole Vault. 4 attempts will be given in the LJ, TJ, Shot & Discus. Meet schedule will be posted closer to meet date. Athletes may compete in a maximum 4 events.

AWARDS – Medals will be awarded to top 5 individuals overall, top 3 in relay races.

CONCESSIONS – Full snack bar offered.

DIRECTIONS – From Interstate 5, Ortega Highway (East), right on La Pata, right on Stallion Ridge.

PARKING / BUSES – Athlete drop off in front of gym at main stadium entrance. Free parking available in student lot (see map) Do not park near tennis courts.



For more information contact Rob Summers at rsummers@capousd.org