



# SAINT FRANCIS HIGH SCHOOL 31<sup>ST</sup> ANNUAL TRACK AND FIELD CARNIVAL SATURDAY MARCH 15, 2014



**Same weekend as 2013 – Saint Patrick's Day.**

Enclosed you will find meet entry information for the 31<sup>st</sup> annual St. Francis High School Track and Field Invitational. This year's meet will be held on **Saturday, March 15, 2014** at St. Francis High School in Mountain View, California.

To avoid any confusion, please read all of the information before filling out and sending in your entries. Please pay special attention to the section titled **Changes in 2014**. We have made some significant changes to the meet based upon input from attending schools.

## **Meet Entry Information:**

1. **Back Again this Year!** We will continue for the third year the **Co-Ed 4x200 relay** – one Varsity and one F/S. So if you have some fast boys and girls you want to pair up, you can set the meet record and make a run at the CCS record (1:37.63 by San Carlos in 1980). NOTE: Please send your entries for this event directly to [trackcoach@sfhs.com](mailto:trackcoach@sfhs.com) as DirectAthletics does not accept co-ed high school events.
2. **Clerk of the Course.** Only athletes that check in with the Clerk of the Course **30 minutes or more before the event is scheduled to start** will be allowed to compete. **ALL ATHLETES MUST CHECK IN PRIOR TO COMPETITION.**
3. **Schedule:** Please review the time schedule. We will try and keep the meet moving and on time. If there are a lot of scratches, then we will move forward onto the next race. In the past we have actually moved ahead of schedule during the meet, so please have your athletes pay attention to the meet announcer.
4. **Marks:** When entering, make sure to list the athlete's seasonal best mark for this year only. It is difficult to place any athlete in his/her proper heat/flight without this mark. **Athletes without a mark may not be included in the meet. Regardless of ability. Please do not make up marks** – this will place athletes in incorrect heats and possibly deny athletes with valid and/or better marks the opportunity to compete.
5. **Entries:** Once again we will be utilizing **DirectAthletics.com** for meet entries. All entries must be entered into DirectAthletics by **Sunday, March 9 at 4:00pm**. The entry system will be shutdown at that time. Coaches that provided email addresses will receive confirmation via Email and on the meet website of their entries Sunday evening.
6. **Updates:** This year there will be no updates of marks following the closure of entries.
7. **Entries by mark only. This year we will be allowing each school up to 3 athletes per individual event.** There is no guarantee of entry other than by mark. We will have a limited number of alternates for each event, (see below).

8. In the field events, (TJ, LJ, SP and Discus), each athlete will receive 4 attempts.  
**No Finals!** The field for the Shot Put and Discus will be limited to no more than 60 contestants (6 flights of 10 each). In the Long and Triple Jumps the field will be limited to 32 athletes (4 flights of 8 each).
9. **Measuring the Field Events.** Every athlete's every attempt will be marked.
10. Please make sure to provide both home and school phone numbers, and a valid EMail address, with your entries. You will be notified during the week of the meet regarding the status of your entries. If you do not receive an Email by 9:00am on **Monday, March 10** confirming your entries, please contact Steve Fuller at (831) 566-6489 or via Email at [trackcoach@sfhs.com](mailto:trackcoach@sfhs.com) immediately. It means we either did not receive your entries, or your Email address was incorrect. Entries will also be posted on the meet website ([www.SFHSInvitational.com](http://www.SFHSInvitational.com)) by Monday morning.
11. **Fees.** Entry fees remain at \$5.00 per athlete per individual event and **\$15.00** per relay team. For those schools with large numbers of entries, meet management has instituted a **maximum entry fee of \$450.00**. Please make checks **payable to: St. Francis High School Track and Field**.
12. **Refunds:** Will only be given to those athletes/relay teams that are not included due to limitations. Request for refunds must be written on school letterhead with a clear explanation of the athletes/relay team that was affected. Please send these requests to **Steve Fuller** at St. Francis High School.
13. **Awards:** Individuals awards will be given to the top 3 athletes/relay teams in each event.
14. **Late Entry Policy:** No late entries will be accepted.
15. **Alternates.** In the past we have been able to accommodate a large number of the alternates in each event. However, in the past several years this had lead to a lot of confusion at the meet and delays in reseeding the events. ~~So, for this year we will accept cancellations and add alternates only up to 12:00pm (noon) on Friday March 14.~~ At that time the meet will be set and no alternates will be added the day of the meet. We will not pre-seed the events this year, and the Clerk will close 30 minutes before the scheduled start of the event. Athletes not checked in will be scratched, alternates will be added, and the event will be seeded. Athletes **MUST** return to the Clerk 10 minutes before the start of the event to get their heat and lane assignments.

The St. Francis High School Track and Field Program looks forward to having your team attend our meet. We are now preparing to put on another successful event.

Thank you for your interest in our meet.

Steve Fuller, Meet Director  
Mike Saso, Head Boy's Coach  
Mandy Benham, Head Girl's Coach

### **Changes in 2014:**

In response to many suggestions from coaches, athletes and officials over the past 3 years, and in a continuing effort to improve the meet, we have made some significant changes to the meet this year. All of the changes are designed to give the athletes a better experience. They are summarized below:

- We will order the flights for each of the **Field Events** so that athletes with the best marks will compete in the first flight. However, if a athlete cannot participate in the flight DUE TO OTHER COMMITMENTS ON THE TRACK, the official at the event may reorder the flights and athletes in each flight **BEFORE HE COMPETITION BEGINS**. It is very important that ALL athletes in the event check-in BEFORE the first flight.
- We will use **both Pole Vault pits** for the F/S Boys and F/S Girls this year, and those two divisions will overlap in their competition. The start times for the Varsity Pole Vault has changed to ensure that the Varsity Boys and Varsity Girls have a more predictable start and finish times.
- We will take the top athletes in each event regardless of school (up to 3 athletes per event). There are no longer a minimum number of athletes per event per school.

We hope that these changes make for a more enjoyable experience at our meet, and of course will continue to accept any feedback offered on the meet from the coaches and schools competing.



# 2014 SAINT FRANCIS HIGH SCHOOL TRACK AND FIELD INVITATIONAL SCHEDULE



## RUNNING EVENTS

<u>EVENT</u>	<u>TIME .</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>SECTION</u>
1	8:00	3000M	WOMEN	HEAT #1
21	8:15	3000M	MEN	HEAT #1
47	8:30	DIS. MED. (1200,400,800,1600)	F/S GIRLS	HEAT #1
67	8:45	DIS. MED. (1200,400,800,1600)	F/S BOYS	HEAT #1
2	9:00	100 M HURDLES	WOMEN	HEAT #1-4
42	9:15	100 M HURDLES	F/S GIRLS	HEAT #1-4
22	9:30	110 M HI. HURDLES	MEN	HEAT #1-4
62	9:55	65 YD HI. HURDLES	F/S BOYS	HEAT #1-3
3	10:10	400 METER RELAY	WOMEN	HEAT #1-3
43	10:20	400 METER RELAY	F/S GIRLS	HEAT #1-2
63	10:30	400 METER RELAY	F/S BOYS	HEAT #1-3
23	10:40	400 METER RELAY	MEN	HEAT #1-3
4	10:50	1 MILE	WOMEN	HEAT #1-2
44	11:10	1 MILE	F/S GIRLS	HEAT #1-2
64	11:25	1 MILE	F/S BOYS	HEAT #1-2
24	11:40	1 MILE	MEN	HEAT #1-2
5	11:55	400 METERS	WOMEN	HEAT #1-6
45	12:10	400 METERS	F/S GIRLS	HEAT #1-4
65	12:20	400 METERS	F/S BOYS	HEAT #1-4
25	12:35	400 METERS	MEN	HEAT #1-6
78	12:50	CO-ED 800 METER RELAY	VARSITY	HEAT 1-2
79	1:00	CO-ED 800 METER RELAY	F/S	HEAT 1

  

<u>EVENT</u>	<u>TIME .</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>SECTION</u>
6	1:15	100 METERS	WOMEN	HEAT #1-5
46	1:30	100 METERS	F/S GIRLS	HEAT #1-4
66	1:45	100 METERS	F/S BOYS	HEAT #1-5
26	2:00	100 METERS	MEN	HEAT #1-5
7	2:20	DIS. MED. (1200,400,800,1600)	WOMEN	HEAT #1
27	2:40	DIS. MED. (1200,400,800,1600)	MEN	HEAT #1
8	2:55	800 INVITATIONAL	WOMEN	HEAT #1 (TOP 12)
48	3:00	800 INVITATIONAL	F/S GIRLS	HEAT #1 (TOP 12)
68	3:10	800 INVITATIONAL	F/S BOYS	HEAT #1 (TOP 12)
28	3:15	800 INVITATIONAL	MEN	HEAT #1 (TOP 12)
9	3:25	800 MED (100,100,200,400)	WOMEN	HEAT #1-2
49	3:35	800 MED (100,100,200,400)	F/S GIRLS	HEAT #1-2
69	3:45	800 MED (100,100,200,400)	F/S BOYS	HEAT #1-2
29	3:55	800 MED (100,100,200,400)	MEN	HEAT #1-2
10	4:00	300 M HURDLES	WOMEN	HEAT #1-4
50	4:15	300 M HURDLES	F/S GIRLS	HEAT #1-3
70	4:25	300 M HURDLES	F/S BOYS	HEAT #1-3
30	4:35	300 M HURDLES	MEN	HEAT #1-4
11	4:45	1600 METER RELAY	WOMEN	HEAT #1-2
51	4:55	1600 METER RELAY	F/S GIRLS	HEAT #1-2
71	5:00	1600 METER RELAY	F/S BOYS	HEAT #1-2
31	5:10	1600 METER RELAY	MEN	HEAT #1-2



# 2014 SAINT FRANCIS HIGH SCHOOL TRACK AND FIELD INVITATIONAL SCHEDULE



## FIELD EVENTS

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>NOTES</u>
57	8:30 am	POLE VAULT	F/S GIRLS	START 5' 9", UP 1' 1 <sup>st</sup> 2, THEN 4"
14	9:00 am	LONG JUMP	WOMEN	15' MINIMUM, 12' BOARD ONLY
35	9:00 am	TRIPLE JUMP	MEN	36' MINIMUM, 36' BOARD ONLY
76	9:00 am	HIGH JUMP	F/S BOYS	START 5' 0"
<b>13</b>	<b>9:00 am</b>	<b>SHOT PUT</b>	<b>WOMEN</b>	
<b>32</b>	<b>9:00 am</b>	<b>DISCUS</b>	<b>MEN</b>	
77	9:30 am	POLE VAULT	F/S BOYS	START 8' 9", UP 1' 1 <sup>st</sup> 2, THEN 4"
<b>12</b>	<b>11:00 am</b>	<b>DISCUS</b>	<b>WOMEN</b>	
<b>33</b>	<b>11:00 am</b>	<b>SHOT PUT</b>	<b>MEN</b>	
34	11:30 am	LONG JUMP	MEN	18' MINIMUM, 12' BOARD ONLY
56	11:30 am	HIGH JUMP	F/S GIRLS	START 4' 0
75	11:30 am	TRIPLE JUMP	F/S BOYS	34' MINIMUM, 32' BOARD ONLY
37	11:30 am	POLE VAULT	MEN	START 10' 9", UP 1' 1 <sup>st</sup> 2, THEN 4"
15	1:00 pm	TRIPLE JUMP	WOMEN	32' MINIMUM, 24' BOARD ONLY
36	1:00 pm	HIGH JUMP	MEN	START 5' 8"
54	1:00 pm	LONG JUMP	F/S GIRLS	12' MINIMUM, 8' BOARD ONLY
<b>53</b>	<b>1:00 pm</b>	<b>SHOT PUT</b>	<b>F/S GIRLS</b>	
<b>72</b>	<b>1:00 pm</b>	<b>DISCUS</b>	<b>F/S BOYS</b>	
16	2:00 pm	HIGH JUMP	WOMEN	START 4' 8
17	2:00 pm	POLE VAULT	WOMEN	START 7' 9", UP 1' 1 <sup>st</sup> 2, THEN 4"
<b>52</b>	<b>3:00 pm</b>	<b>DISCUS</b>	<b>F/S GIRLS</b>	
<b>73</b>	<b>3:00 pm</b>	<b>SHOT PUT</b>	<b>F/S BOYS</b>	
55	3:00 pm	TRIPLE JUMP	F/S GIRLS	28' MINIMUM, 24' BOARD ONLY
74	3:00 pm	LONG JUMP	F/S BOYS	16' MINIMUM, 12' BOARD ONLY

- THE SCHEDULE LISTED ABOVE IS A GUIDELINE. **IF MEET MANAGEMENT HAS THE ABILITY TO RUN AHEAD OF SCHEDULE WE WILL DO SO.** IN THE PAST WE HAVE RUN UP TO **30 MINUTES AHEAD OF SCHEDULE**. IT IS VITAL THAT ALL ATHLETES PAY ATTENTION TO THE PA SYSTEM AND CHECK-IN AT 1<sup>ST</sup> CALL.
  - HAVE YOUR ATHLETES READY TO CHECK INTO THE CLERK OF THE COURSE THROUGH THE WARM-UP FIELD AT LEAST **1 HOUR AHEAD OF THE START OF THE EVENT**. WE DO HAVE ALTERNATES THAT WOULD LIKE TO GET INTO THE RACE IF ATHLETES DO NOT SHOW UP ON TIME.
  - **CHECK-IN CLOSES 30 MINUTES PRIOR TO THE START OF THE EVENT.** IF THERE ARE SCRATCHES OR NO-SHOWS, WE WILL ADD ALTERNATES AND RESEED THE EVENT. LANE AND HEAT ASSIGNMENTS WILL BE AVAILABLE 10 MINUTES BEFORE THE START OF THE EVENT.
  - FIELD EVENTERS CHECK-IN AND REPORT TO THE EVENT THROUGH THE WARM-UP AREA. **THROWERS MUST HAVE THEIR IMPLEMENTS WEIGHED** PRIOR TO COMPETITION. ALL ATHLETES IN EACH FIELD EVENT MUST CHECK-IN AT THE DESIGNATED START TIME. THE EVENT WILL BE RESEED AT THE EVENT.
  - **DO NOT CLIMB OVER FENCES.**
  - PLEASE STAY OFF THE INFIELD. CANOPIES MAY BE SETUP IN THE STANDS ON EITHER SIDE OF THE TRACK. ON THE SOUTH SIDE, PLEASE LEAVE ENOUGH ROOM FOR THE BOOTH TO SEE THE START AND FINISH LINES.
  - PLEASE ADVISE ALL ATHLETES THAT THE CIF UNIFORM RULES WILL BE ENFORCED FOR THIS MEET.
  - NO BALLS, FRESSSBIES, RADIOS, IPODS, CELLPHONES, ETC. ARE ALLOWED ON THE INFIELD.
  - NO ONE WITH HEADPHONES WILL BE ALLOWED ON THE INFIELD OR TRACK.
- THANK YOU.  
MEET MANAGEMENT