

# Skyline Track & Field

## INVITATIONAL

### March 5, 2011

**Location:** Skyline High School  
12250 Skyline Blvd.  
Oakland, CA 94619

**Date:** March 6, 2010  
**Time:** Field Events – 8:00am  
Running Events – 10:30am

The meet will take place Rain or Shine!

The first running event will begin precisely 10:30am. The first field event will begin precisely at 8:00am. All events will start with the girls and followed by the boys. The field events will have 3 attempts only.

#### RUNNING EVENTS

4x100  
1600M  
110H/100H  
400M  
100M  
800M  
800M Sprint Medley  
300H  
200M  
3200M  
4X400M

#### FIELD EVENTS

Long Jump  
High Jump  
Triple Jump  
Shot Put  
Discus

**ADMISSION:** \$7 for adults  
\$4 for students (with school ID)

**REGISTRATION:** Registration should be completed at <http://ezmeets.com>. The deadline for athlete entries is midnight, Saturday, February 27<sup>th</sup>.

There will be No Day of Meet Registration!

Any changes or additions made after the February 27<sup>th</sup> deadline will incur an additional \$20 fee.

Any questions or problems with your registration, please contact Aliya Dibrell at [adibrell@pacbell.net](mailto:adibrell@pacbell.net) or (510) 220-4721

**ENTRY FEES:**

Individual Per Event	\$5
Individual Relay	\$20
Boys Team	\$150
Girls Team	\$150

Please make checks payable to:

Skyline High School Track & Field.  
360 Grand Ave Suite 73  
Oakland, CA 94610

Payments **must** be postmarked by **February 27<sup>th</sup>, 2010**. There will be no refunds.

No participation without full payment!!!!!!

**CHECK IN:** There will be a 1<sup>st</sup>, 2<sup>nd</sup>, and Final Call for all events (running and field). All participants **MUST** check in with the clerk of the course by the Final Call. Any athlete not checked in by the Final Call, will be scratched from the event.

**COACHES MEETING:** The Coaches meeting will begin promptly at 9:00am on the field. Every team will need to send one spokesperson for their team for day of meet scratches.

**SUPPLEMENTARY INFORMATION:** Parking will be available on school grounds. Please use 3/16 inch spikes (or smaller).

If there are any questions or concerns feel free to call:  
Coach Jamal Cooks @ (510) 708-0344 or email [jamalcooks@aol.com](mailto:jamalcooks@aol.com).