

Junipero Serra Top 7 Invitational April 18, 2009

Junipero Serra High School will host the 22nd annual Serra Top 7 Invitational track meet on Saturday, April 18, 2009. There will be Varsity and Frosh-Soph divisions for boys and Varsity and Junior Varsity divisions for girls (Girls must be in grades 9-11).

A few policies for athletes and coaches:

1. All athletes in running events must check in with the clerk of the course on the outfield grass of the baseball field 40 minutes prior to the start of their event so that scratches may be made and heats condensed. Athletes not checked in will be scratched from their event. Athletes must report back 15 minutes prior to the start of their event for heat and lane assignments and hip numbers.
2. All field event athletes are asked to check in no later than 15 minutes prior to the start of their event so flights may be established. Athletes not checked in will be scratched from their event.
3. All running events will be final. Each athlete will receive 3 attempts in the shot, discus, long jump and triple jump with the top 7 athletes qualifying for finals and 3 more attempts.
4. All warm ups should take place on the baseball outfield grass, not inside the track stadium. All athletes are asked to stay off the baseball infield and out of the dugouts.
5. All team tents should be set up in the aluminum bleachers on the west side of the stadium or along the outfield fence in the baseball stadium.
6. Implement weigh-ins will take place from 7:50 a.m. until 8:45 a.m. inside the track storage building at the far end of the east side straightaway. Weigh-ins will again take place from 12:00 to 1:00 for later field events.
7. No food of any kind is allowed on the infield. This especially includes sunflower seeds
8. If you will be traveling by school or charter bus, please contact Coach Marheineke prior to the meet for parking and drop off instructions.

Timing will be done by a FinishLynx fully automated system. Results will be posted during the meet and also available after the meet on the internet (www.serrahs.com, www.dyestatcal.com, www.lynbrooksports.com, www.directathletics.com). Medals will be awarded to the top *six* finishers in each individual event and top *three* teams in relay events for each division. Awards will also be given for the winning teams in each division.

All entries this year must be completed on www.directathletics.com. You will need to have a free account set up with direct athletics prior to entering athletes. ***Because this is an invitational, any teams not receiving this letter in the mail must contact Coach Marheineke prior to April 3 in order to be allowed to add athletes on Direct Athletics.*** Any questions should be directed to Direct Athletics or Coach Marheineke. All entries **MUST BE ENTERED BY Tuesday, April 14**. In keeping with the spirit and tradition of the Top 7, we encourage you to enter athletes of all levels. With that in mind, however, we ask that you are respectful of the need to keep heats and flights to appropriate

amounts. **No meet day entries will be accepted, *INCLUDING SUBSTITUTIONS*.** All entry fees must be paid on or before the day of the meet. No refunds will be given for no-shows.

The entry fee is \$5.00 per athlete per event and \$10.00 per relay team. The maximum fee is \$250.00 per school. Please make all checks payable to JUNIPERO SERRA HIGH SCHOOL.

Heat sheets and an updated time schedule will be posted on our school athletics website, www.serrahs.com, then click on Athletics, by Friday April 17.

A snack bar will be open during the meet. T-shirts and programs will also be sold. Finish Line pictures will also be available at the finish line for \$5 each.

In the event that field event sizes become large, reasonable minimum marks and opening heights based on entry marks will be established in the interest of time.

Thank you and we look forward to seeing you on April 18!

Jim Marheineke, Head Track and Field Coach
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Junipero Serra
Top 7 Invitational
April 18, 2009
Approximate Time Schedule

RUNNING EVENTS

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| 9:00 Girls JV 3200m | 1:45 Girls Varsity 800m
Girls JV 800m
Boys Varsity 800m
Boys F/S 800m |
| 9:20 Girls Varsity 400m Relay
Girls JV 400m Relay
Boys Varsity 400m Relay
Boys F/S 400m Relay | 2:45 Girls Varsity 300m Hurdles
Girls JV 300m Hurdles
Boys Varsity 300m Hurdles
Boys F/S 300m Hurdles |
| 9:45 Boys Varsity 1600m
Boys F/S 1600m | |
| 10:20 Girls Varsity 100m Hurdles
Girls JV 100m Hurdles
Boys Varsity 110m HH
Boys F/S 65m HH | 3:30 Girls Varsity 200m
Girls JV 200m
Boys Varsity 200m
Boys F/S 200m |
| 11:20 Girls Varsity 1600m
Girls JV 1600m | 4:10 Girls Varsity 3200m
Boys Varsity 3200m |
| 12:00 Girls Varsity 400m
Girls JV 400m
Boys Varsity 400m
Boys F/S 400m | 4:45 Girls JV 1600m Relay
Girls Varsity 1600m Relay
Boys F/S 1600m Relay
Boys Varsity 1600m Relay |
| 12:45 Boys F/S 3200m | |
| 1:10 Girls Varsity 100m
Girls JV 100m
Boys Varsity 100m
Boys F/S 100m | |

FIELD EVENTS

9:00 AM

Boys Varsity Shot Put
Girls Varsity Discus
Girls Varsity Pole Vault
Boys F/S High Jump
Boys Varsity Long Jump
Girls JV Triple Jump

11:00 AM

Boys F/S Shot Put
Girls JV Discus
Girls JV Pole Vault
Boys Varsity High Jump
Boys F/S Long Jump
Girls Varsity Triple Jump

1:00 PM

Girls Varsity Shot Put
Boys Varsity Discus
Boys Varsity Pole Vault
Girls Varsity High Jump
Girls JV Long Jump
Boys Varsity Triple Jump

3:00 PM

Girls JV Shot Put
Boys F/S Discus
Boys F/S Pole Vault
Girls JV High Jump
Girls Varsity Long Jump
Boys F/S Triple Jump