

2022 SAN LORENZO HIGH SCHOOL
TRACK & FIELD INVITATIONAL
MEET INFORMATION

SATURDAY, FEBRUARY 19, 2022
9:00AM – Field / 9:30AM - Track

MEET DIRECTOR: Jesse Brown (jbrown@slzusd.org)

MEET LOCATION: San Lorenzo High School
50 E. Lewelling Blvd., San Lorenzo, CA 94580

ENTRIES: Teams and individuals interested in competing in this meet must register online through www.Athletic.Net

Entries will not be accepted via fax, email, or phone.

Registration Deadline: Monday, February 14, 2022 9:00PM

ENTRY FEES: Full Teams: \$200 (VG, VB, FSG, FSB)
Divisions: \$50 (VG, VB, FSG, FSB): 6 or more athletes per division
Individual Athletes: \$ 10 (5 or less athletes from each division
representing a school)

Make checks out to San Lorenzo High School Track

Payment can be made at the gate when you receive your packet for the meet, but paying ahead is preferable if you can do it).

Payments should be mailed to:

Finance Director (Shelley Vasconcelos)
San Lorenzo High School
50 E. Lewelling Blvd.
San Lorenzo, CA 94580

Teams must have payments in prior to the start of competition or that team/individual can be scratched from the meet. Please contact meet director for questions or concerns prior to the day of the meet.

SPECTATOR ADMISSION:

General Admission: \$5
Students with valid ID: \$4
Seniors (55 and older): \$3
Children under 5: Free

COACHES' PASSES: Coaches passes will be included in your packet.

*Note: Please email me a list of all coaches that will be in attendance so I can give a coach's pass to each one. They will be included in your packets at the gate. In your email please state school name and the names of all coaches coming.

For example: San Lorenzo High School
Coaches: Jesse Brown, Chris Martinez, Theresa Tran, etc.

TEAM PACKETS: Team packets will be available for pick up for PAID teams only. Participant bibs, team entries, heat sheets, and coaches' bands will be enclosed.

MEET RULES:

- Divisions: Boys Varsity, Boys Frosh/Soph, Girls Varsity, Girls Frosh/Soph
- Field Events will be run as a final with 4 attempts only
- All running events will be ran as a timed final
- High Jump: Height progressions for the meet will be provided at the coaches meeting and the officials prior to warm-ups for high jump.
- 3/16" pyramid spikes are allowed only
- Coaches will not be allowed to add, switch or dispute an entry in the clerk of the course area.
- NFHS Rulebook will be in place for competition rules.

COMPETITION AREAS:

- Athletes must wear their uniform with bib numbers to enter the competition areas.
- Competition areas are restricted to athletes and high school athletic training personnel ONLY during the meet.
- Coaches with wristbands will be allowed in the two main designated warm-up areas.
- Coaches Admission: Coaches will receive a wristband to enter the coaches areas designated for field events.
- No coaches will be allowed on the "infield".
- An athletic trainer/First Aid Tech will be on site. Limited Ice "can" be provided to coaches or trainers upon request from meet directors.

WARM-UP AREAS: General warm-up area will be designated on the fields next to the stadium. Athletes may warm-up in the field event competition area with approval of the official at the event. Clerk of the course and meet directors will provide appropriate warm-up areas pre-race. Once the first running event of the meet starts there will be no warming up on the track without approval from the meet director or starter.

EVENT CHECK-IN: Field event athletes will check into their events with the officials at the appropriate and designated field event and time. There will be no additions entered at the event area. Field event athletes must enter with uniform on, bib numbers present and have their shoes checked before entering the competition area.

There will be no late additions at the clerk of the course. Athletes **MUST** check in 30 minutes prior or during the “first call” to ensure they are confirmed into their race. Once an athlete has checked in, he/she is asked to remain in the clerking area / designated warm-up area to receive heat assignments and instructions from the clerk of the course.

TENTS: Teams/Spectators must set-up tents in the designated locations **ONLY**. (Please see map of the stadium and surrounding area when it is sent out)

RESULTS: Live results will be posted on www.AdkinsTrakWest.com and will be uploaded to athletic.net after the meet.

AWARDS:

- Varsity: 1st-3rd place Medals in all individual events / 1st- 3rd place ribbons for Relays
- Frosh/Soph: 1st- 3rd place Medals in all individual events
- Team Certificates for ALL finishers.
- 1st PLACE TEAM PLAQUE TO DIVISION CHAMPIONS

CONCESSIONS: San Lorenzo Leadership Students will provide concessions for this meet for your convenience.

CONTACT INFORMATION AND MEDIA ACCESS:

Jesse Brown (jbrown@slzusd.org) OR Tom Longaker (tlongaker@slzusd.org)

INVITATIONAL MEET SCHEDULE

FIELD EVENTS

9AM

- F/S Boys LJ (Pit # 1) / VB LJ (Pit # 2)
- Followed by F/S Girl's LJ (Pit # 1) / VG LJ (Pit # 2)
- F/S Boys Discus, followed by VB Discus
- F/S Girl's Discus followed by VG Discus
- F/S Girl's SP followed by VG SP
- F/S Boy's SP, followed by VB SP

12PM

- F/S Boys HJ followed by VB HJ
 - F/S Girls HJ followed by VG HJ
- 30 mins after the completion of LJ
- F/S Girl's TJ (Pit # 1) & VG TJ (Pit # 1)
 - Followed by F/S Boy's TJ (Pit # 1) & VB TJ (Pit # 1)

****After a field event is complete, the next division will get the appropriate amount of time to warm-up and we will start right after warm-ups are complete****

(8:30am) Coaches Meeting @ the middle of the 50 yard line.

RUNNING EVENTS – 9:30AM

Running events will be on a rolling schedule with F/S followed by Varsity divisions

Girl's 4x100m relay
Boy's 4x100m relay
Girl's 1600m
Boy's 1600m
Girl's 100m hurdles
Boy's 110m hurdles
Girl's 400m
Boy's 400m
Girl's 100m
Boy's 100m
Girl's 800m
Boy's 800m
Girl's 300m hurdles
Boy's 300m hurdles
Girl's 200m
Boy's 200m
Girl's 3200m
Boy's 3200m
Girl's 4 X400m relay
Boy's 4 X400m relay

Special thanks to all who have helped to make this meet possible.