

2023 San Lorenzo High School

Track and Field INVITATIONAL

MEET INFORMATION

(Location of Meet)

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

No entries via fax, email, or phone will be accepted.

If you desire to enter your team into this meet, you must create a team account on

www.athletic.net

Entry Deadlines

Late entries will not be allowed. Entries will be closed 2/14/23 at 9 pm Pacific Time.

Please adhere to the deadline.

Competition Date:

Saturday, February 18 @ 9 am (Field Events) 9:30am (Track Events)

Entry Fees

Teams can pay for entry fees at the entrance/designated packet pick up area, or by sending a check to:

Finance Director (Shelley Vasconcelos)

San Lorenzo High School

50 E. Lewelling Blvd.

San Lorenzo, CA 94580

Payment: Make checks out to *San Lorenzo High School*. (in the notation area put for Grizzly Track Invitational)

(We will also take checks at the gate when you receive your packet for the meet, but paying ahead is preferable if you can do it). You must have your payment settled prior to receiving your packet ~ thank you!

Full Teams : \$200 (VG,VB,FSG,FSB)

Divisions: \$70 (VG,VB,FSG,FSB) : 6 or more athletes from the same division

Individual Athletes: \$ 12 (5 or less athletes from each division representing a school)

Teams must have payments in prior to the start of competition or that team/individual can

be scratched from the meet. Please contact meet directors for questions or concerns

prior to the day of the meet.

Meet Director:

Jesse Brown (jbrown@slzusd.org)

Entry Rules

Each Team will be allowed up to 4 entries per event per division excluding distance events (6) and 1 relay team per event and division. There will be no switching of athletes in events the day of the meet.

Divisions: Boys Varsity, Boys Frosh/Soph, Girls Varsity, Girls Frosh/Soph

Long Jump, Triple Jump, Discus, and Shot Put: Each athlete can attempt (3) jumps/throws,

There will be no finals and the furthest measurements will determine placement. There will not be a minimum standard for measurement.

High Jump: Opening height for boys is 4'6". Opening height for girls is 4'0".

Order of Events: The final order of events with a schedule will be advertised at the coaches

meeting (8:50 am). The meet will be on a rolling schedule.

Athletes Admission: Athletes who are entered will receive their hip numbers at the clerk of the course. Athletes must wear their uniform with hip numbers on while

Participating in their races.

The track and field event areas will be restricted to athletes, high school athletic training personnel, and coaches ONLY during the meet.

Coaches Admission: Coaches will receive a wristband in their welcome packet.

Coaches must remain in allowable coaching areas designated in shot put, discus,, high jump, long & triple jump areas. Coaches will not be allowed to add, switch or dispute an entry in the clerk of the course area. No coaches 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.

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)

Spectators

General Admission: \$8

Students with valid ID, Seniors: \$6

Children 5-12: \$5

Children under 5: Free

Scratches

We recommend you report scratches to the clerk of the course before the start of the coaches meeting. Any

scratches after the Feb. 14 timeline must be from a coach or an athlete competing.
They can be given at the field event or
at the clerk of the course the day of the meet.

Packets, heat sheets and results

Entries and start lists will be posted as soon as we can do it after the final deadline.

- Heat sheets will be provided in meet packets.
- Schedule updates will be announced by the time of the coaches' meeting..
- Results will be posted at the meet. Results will also be posted online on
athletic.net after the meet.

The following restrictions will be enforced in the competition and warm-up areas.

ONLY 3/16 pyramid spikes are allowed on all running and jumping
surfaces. 3/16.

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 must be entered into the meet. Field event athletes will check into
their events with the officials at the appropriate and designated times. There will be no

additions entered at the event area. Field event athletes must enter with uniform on. Running event athletes must be entered into the meet. 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 entered 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.

Awards

Varsity: 1st-3rd place in all individual events will receive medals at the Varsity Level
Relays at the Varsity level will receive ribbons and team certificates for 1st- 3rd place finishers.

Frosh/Soph: 1st- 3rd place finishers in all individual events will receive medals.

1st PLACE TEAM PLAQUE TO DIVISION CHAMPIONS

Concessions:

San Lorenzo Leadership Track and Field in partnership with La Raza will provide concessions for this meet for your convenience.

Contact Information and media access

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

NFHS Rulebook will be in place for competition rules.

INVITATIONAL MEET SCHEDULE

Field Events

9 am F/S Boy's Long Jump (Pit # 1) and VB Long jump (Pit # 1)

F/S Girl's Long jump (Pit # 1) VG Long jump (Pit # 2)

9 am F/S Boys Discus, followed by VB Discus

F/S Girl's Discus followed by VG Discus

9 am F/S Girl's Shot Put followed by VG Shot Put

F/S Boy's Shot Put, followed by VB Shot Put

12 pm F/S Boys's High Jump followed by VB High Jump

F/S Girls High Jump followed by VG High Jump

30 mins after the completion of LJ

9 am F/S Girl's Triple Jump (Pit # 2) and VG Triple Jump (Pit # 2)

Followed by F/S Boy's Triple Jump (Pit # 2) and VB Triple Jump (Pit # 2)

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

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

All running events will compete in the following order starting at 9:30 am...

Frosh/Soph Girl's

Varsity Girl's

Frosh/Soph Boy's

Varsity Boy's

Track Events: Rolling Start

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 X 400m relay

Boy's 4 X 400m relay

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