

**4th Annual
WILLOW GLEN
TRACK & FIELD INVITATIONAL
WILLOW GLEN HIGH SCHOOL
SATURDAY, MARCH 7, 2009**

ENTRY FEE: \$5.00 per event for individuals and \$15.00 per relay team or maximum of \$400.00 per school includes both Boys and Girls team.

Note: Entry Fees must be paid prior to invitational or at the entrance gate on Saturday, March 7, 2009

All "ENTRIES" must be submitted to www.directathletics.com ONLY!!! (see attached sheet)

ENTRY DEADLINE: All entries must be received by Direct Athletics before Midnight, Saturday, February 28th
No updates after the entry deadline. All coaches can verify entries on Tuesday, March 3rd at
www.lynbrooksports.com

SCRATCHES: If you need to scratch an athlete before the entry deadline contact Direct Athletics.
Scratches after entry deadline email Coach John Owens at john_owens@sjusd.org or
Johnsport408@yahoo.com

MAKE CHECK PAYABLE TO: Willow Glen Track Fund

Pay at the Gate or Send To: Willow Glen High School
2001 Cottle Avenue
San Jose, CA 95125-3502
Attn: John Owens

GENERAL INFORMATION:

- Award medals to 1-2-3-4 place finishers
- Admission: Adult \$3.00 Students \$1.00
- Finish Lynx timing system on the finish line, all weather track and runways
- Lane assignments will be seeded by best times and marks submitted
- Athletic Trainer will be available at the meet
- Programs and T-Shirt For Sale at invitational
- Concession stand will be open.

MEET DIRECTOR

John Owens (408) 535-6330 Ex 792 or (408) 624-6960

Entries must be received by Midnight, Saturday, February 28, 2009

Willow Glen Track and Field Invitational
4th Annual
Saturday, March 7, 2009

Order and Schedule of Events

Field Events

9:00 AM	11:00 AM	1:00 PM
F/S High Jump	VB High Jump	VG High Jump
VG Discus	F/S Discus	VB Discus
F/S Shot Put	VB Shot Put	VG Shot Put
F/S Long Jump	VB Long Jump	VG Long Jump
VB Triple Jump	VG Triple Jump	F/S Triple Jump

Track Events

(Rolling Time Schedule)

9:00 AM	FS	3200m Run
	FS / VG / VB	4 x 100m Relay
	VG / VB / FS	Hurdles
	VG	3200m Run
	FS / VG / VB	100m
	VB	3200m Run
BREAK		
12:30 PM	FS / VG / VB	200m
	FS / VG / VB	800m
	VG / VB / FS	300 IH
	FS / VG / VB	400m
	FS / VG / VB	1600m Run
	FS / VG / VB	4 x 400m Relay

(All athletes should be at the meet at least one hour prior to their event)

How to Submit Online Entries to Willow Glen Invitational Saturday, March 7, 2009

STEP 1—ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

If you already have a DirectAthletics account for your Track & Field team, and know your username and password....	If you do NOT know your username and password....
1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	1) Go to www.directathletics.com 2) Click on the link "New User? Click HERE". 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field Team: Ridgewood (Men)

This indicates that you are controlling the MEN'S team. To switch to your Women's team, you would select "Ridgewood (Women)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all active athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again. This is a one-time process—you will not need to set up your roster each time you enter a meet.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link — respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 3) When you are finished with your entries, click the "Finish" link.
- 4) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 5) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

ENTRIES MUST BE RECEIVED BY MIDNIGHT SATURDAY, FEBRUARY 28, 2009