

**Saturday March 26<sup>th</sup>, 2016**

**The 5<sup>th</sup> Annual**



**Fremont High School**

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# Firebird Relays

Saturday, March 26<sup>th</sup>, 2016

## General Meet Information

- **Running events** begins at 8:30am, Field Events begin at **9:00 am**
- Four divisions; VG, VB, F/S Girls, F/S Boys
- Lane and flight assignments will be seeded by best times and marks
- Athletes may not compete in both Varsity and F/S events
- Limit 4-athletes per team in field events, with 4 attempts
  - Combined event team will also be ranked in scoring (*must be at least 3 athletes for relay scoring*), as well as individuals
  - Limit 6-athletes per running event
- **No additional time allowance** will be given to field event athletes with conflicting running events, the pits and rings are open. **It is up to the athletes to arrange their field attempts with their individual running schedule.**
- Limit 1-team per relay per school
- Athletic trainers will be on-site
- Meet will be held rain or shine
- Admission: \$6.00 per adult (includes programs, still \$6.00 without program), \$2.00 per student
- T-Shirts and concessions on sale

## Awards

- Medals for top 3 places and top 3 relays, includes field event combinations as relays (*school must have at least three competitors in the event to constitute a team-combination relay*)
- Meet trophy for team with most points for all four combined divisions (*must score in each division*)

## Entry Fees and Deadlines

- Entries must be entered on **Athletics.Net** by 11:59pm, **Tuesday, March 22<sup>nd</sup>**
- Individuals, \$5.00 per event, \$20.00 per relay, field event teams do not count as relay entry
- Maximum fee, \$325.00 per school
- No refund for no shows, no refunds for athletes scratched after entry fee deadline
- Entry payment must be received no later than at the gate on the day of the meet

## Payment:

- Make checks payable to **"Fremont High (Sunnyvale) Track & Field"**

## Schedule

- **Running events will start at 8:30am, Field Event at 9:00 am**
  - Running events will follow a time schedule in the morning, then a rolling schedule after 1:45
  - Athletes should check in at least 30 minutes before their events. For check-in, athletes are urged to pay attention to the order of events and be aware if the meet is running ahead of time
  - Those not checked in when their heat is on the line or when their field event starts, will be disqualified

## Meet Directors

- Meet day, Mark Shields, Head Coach Fremont - pre-meet questions, Hank Lawson, Mark Shields
  - Please email the group with your questions; [Markstrackcoach@gmail.com](mailto:Markstrackcoach@gmail.com), [Sylvmarks@yahoo.com](mailto:Sylvmarks@yahoo.com), [hanklawtrack@gmail.com](mailto:hanklawtrack@gmail.com)

### Track & Field Events *scheduled time* and order, 8:30 start

- The 1<sup>st</sup> half of the track events will run by scheduled time, then after 1:45 by ROLLING SCHEDULE

1. 100m/110m/65m Hurdles 8:30
  - a. 8:30 – VG 100mH
  - b. 8:45 – FSG 100mH
  - c. 9:00 – VB 110Mh
  - d. 9:15 – FSB 65mH
2. 1600m run 9:30
  - a. 9:30 – FSG 1600m
  - b. 9:46 – FSB 1600m
  - c. 10:02 – VG 1600m
  - d. 10:18 – VB 1600m
3. 4x100m Relay 10:35
  - a. 10:35 – FSG 4X100m
  - b. 10:42 – FSB 4X100m
  - c. 10:54 – VG 4X100m
  - d. 11:02 – VB 4X100m
4. Distance Medley Relay (1200m, 400m, 800m, 1600m) 11:10
  - a. 11:10 – All Girls DMR
  - b. 11:34 – All Boys DMR
5. 400m run 11:58
  - a. 11:58 – FSG 400m
  - b. 12:18 – FSB 400m
  - c. 12:34 – VG 400m
  - d. 12:54 – VB 400m
6. 4x800m Relay 1:18
  - a. 1:18– All Girls 4X800m
  - b. 1:33 – All Boys 4X800m

**NO BREAK – Rolling schedule BEGINNING 1:48**

7. 100m dash 1:48
  - a. FSG 100m
  - b. FSB 100m
  - c. VG 100m
  - d. VB 100m
8. 800m run
  - a. FSG 800m
  - b. FSB 800m
  - c. VG 800m
  - d. VB 800m
9. 300IH (scoring 3-deep total time for relay)
  - a. FSG 300mH
  - b. VG 300Mh
  - c. FSB 300mH
  - d. VB 300mH
10. 200m dash
  - a. FSG 200m
  - b. FSB 200m
  - c. VG 200m
  - d. VB 200m

11. 3200M run
- a. VG & FSG
  - b. VB
  - c. FSB

12. 4x400m relay
- a. FSG 4X400m
  - b. FSB 4X400m
  - c. VG 4X400m
  - d. VB 4X400m

**Field Events – Will be run by scheduled times during the complete competition**

(all scoring 3-deep total team performance for relay *(all three must meet minimum)*)

1. High Jump (*1:15- open pit duration per division, starting at the below times*)
  - a. 9:00 – FSB HJ, start at 4'04"
  - b. 10:30 – FSG HJ, start at 3'04"
  - c. 12:00 – VB HJ, start at 4'10"
  - d. 2:30 – VG HJ, start at 3'10"
2. Shot Put (*open ring duration per division, starting at the below times*) **If minimum not reached on previous attempts, last attempt will be marked.**
  - a. 10:00 – VG SP, minimum 20'00"
  - b. 11:30 – VB SP, minimum 25'00" (120-minute open ring, Then lunch break 1:30-2:00)
  - c. 2:00 – FSG SP, minimum 18'00"
  - d. 3:30 – FSB SP, minimum 25'00" (90-minute open ring)
3. Triple jump (*open pit per division, starting at the below times*) **If minimum not reached on previous attempts, last attempt will be marked.**
  - a. 9:00 – VB TJ, minimum 30'00"
  - b. 11:00 – FSB TJ, minimum 26'00" (120-minute open pit, Then lunch break 1:00-1:30)
  - c. 1:30 – VG TJ, minimum 26'00"
  - d. 3:30 – FSG TJ, minimum 22'00" (90-minute open pit)
4. Discus (*Open ring duration per division listed below, starting at the below times*). **If minimum not reached on previous attempts, last attempt will be marked.**
  - a. 10:00 – FSG Disc, minimum 50'00" (90-minute open ring)
  - b. 11:30 – FSB Disc, minimum 70'00" (90-minute open ring), Then lunch break 1:00-1:30
  - c. 1:30 – VG Disc, minimum 60'00" (120-minute open ring)
  - d. 3:30 – VB Disc, minimum 80'00" (120-minute open ring)
5. Long Jump (*open pit per division, starting at the below times*). **If minimum not reached on previous attempts, last attempt will be marked.**
  - a. 9:00 – VG LJ, minimum 12'00"
  - b. 11:00 – VB LJ, minimum 16'00" (120-minute open pit, Then lunch break 1:00-1:30)
  - c. 1:30 – FSG LJ, minimum 10'00"
  - d. 3:00 – FSB LJ, minimum 14'00" (90-minute open pit)