

Saturday March 22nd, 2025

The 12th Allowable



Fremont High School

NOTE: Please pay special attention to open sprints: each school will have 1-auto entry, then seeded times will fill out the field of 9 heats per division (alternates will go 8 deep). In addition, parking will be challenging again. There is a larger school parking lot off of Fremont Blvd. Please plan for buses to park in the church parking lot further west on Fremont Blvd or in back of the closed strip-mall behind the Mobile gas station on Sunnyvale-Saratoga. Parents: plan neighborhood parking or nearby lot parking

Firebird Relays

Saturday, March 22nd, 2025

General Meet Information

- Running events begins at **8:30am**
- Field Events begin at **8:30 am**
- Saturday, March 22nd, 2025
- Four divisions; VG, VB, F/S Girls, F/S Boys
- Lane and flight assignments will be seeded by best times and marks
- Athletes may only compete in one division
- Limit 4-athletes per team in field events
 - 3 attempts. 20 athletes per flight.
 - Combined event team will also be ranked in scoring (must be at least 3 athletes for field event relay scoring), as well as individuals
- Limit 4-athletes per running event (100 and 400 will be very limited, check the list when posted)
 - 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: \$5.00 per adult, \$2.00 per student
- T-Shirts and concessions on sale

Awards

- Medals for top 6 individual places (for 100, 400, 800, 1600), top 3 in events where times/marks are added together to comprise relays (school must have at least three competitors in the event to constitute a field event 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 18th
- Individuals, \$5.00 per event, \$20.00 per relay, field event teams do not count as relay entry
- Maximum fee, \$395.00 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 and Field events will start at 8:30am
 - Running events will follow a time schedule in the morning, then a rolling schedule after noon
 - 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, Alejandra Flores, Head Coach Fremont - pre-meet questions, Alejandra Flores. Please email the group with your questions; Alejandra.xc26@gmail.com, Coachmiranda17@gmail.com,

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

- The 1st half of the track events will run by the scheduled time on final heat sheet program, then by ROLLING SCHEDULE
- Detailed Time table will be added by Friday 3/21, after all entries have heats & flights

1. 100m/110m/65m Hurdles 8:30
 - a. VG 100mH
 - b. FSG 100mH
 - c. VB 110Mh
 - d. FSB 65mH
2. 1600m run
 - a. FSG 1600m
 - b. FSB 1600m
 - c. VG 1600m
 - d. VB 1600m
3. 4x100m Relay
 - a. FSG 4X100m
 - b. FSB 4X100m
 - c. VG 4X100m
 - d. VB 4X100m
4. Distance Medley Relay (1200m, 400m, 800m, 1600m)
 - a. All Girls DMR
 - b. All Boys DMR
5. 400m run
 - a. FSG 400m
 - b. FSB 400m
 - c. VG 400m
 - d. VB 400m
6. 4x800m Relay
 - a. All Girls 4X800m
 - b. All Boys 4X800m

NO BREAK – Rolling schedule

7. 100m dash (Each team gets at least 1 competitor, then seed rank will fill out 96 total competitors)
 - 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. Speed Medley Relay (100, 100, 200, 400) (replaces 200m and 4x200m relay)

- a. FSG SMR
- b. FSB SMR
- c. VG SMR
- d. VB SMR

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 - Estimated Schedule

(Field event limit of 4 competitors per school per division (replacements can be written in with event official, but may delay over-all results on Athletic.Net). 3-top competitors per team comprise field event relay)

1. High Jump (open pit duration per division, estimated start times below, may change once entries are in)
 - a. 8:30 – 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. 3:00 – VG HJ, start at 3’10”
2. Shot Put (estimated start times below, may change once all entries are in)
 - a. 8:30 – VG SP
 - b. 11:00 – VB SP
 - c. 2:30 – FSG SP
 - d. 4:30 – FSB SP
3. Triple jump (open pit per division, estimated start times below, may change once all entries are in)
 - a. 8:30 – VB TJ
 - b. 11:00 – FSB TJ
 - c. 1:00 – VG TJ
 - d. 3:00 – FSG TJ 4.
4. Discus (estimated start times below, may change once all entries are in)
 - a. 8:30 – VB Disc
 - b. 11:00 – VG Disc
 - c. 2:00 – FSB Disc
 - d. 4:30 – FSG Disc
5. Long Jump (open pit per division, estimated start times below, may change once all entries are in)
 - a. 8:30 – VG LJ
 - b. 11:30 – VB LJ
 - c. 2:30 – FSG LJ
 - d. 4:30 – FSB LJ