

Dear Coaches!

We are thrilled to welcome you all to the farm this weekend!

You can find the FINAL Meet Schedule, Facility Map, EAP, and the Participation Guide on the link listed below:

<https://www.rtspt.com/events/stanford/invite26/>

**PACKET PICK-UP HOURS:**

Friday: 7:15 a.m. - 8:00 p.m.

Saturday: 7:15 a.m. - 4:00 p.m.

If a personal check is written - please include the TEAM NAME in the memo line.

Individuals: \$35.00 per individual per event; Relays: \$50.00 for each relay team entered.

Please make checks payable to CASTILLEJA SCHOOL (specifics can be found in participation guide).

**BUS DROP OFF/ENTERING THE FACILITY:**

Participant Drop-Off

- Friday's/Saturday's Drop OFF will be at the Flag Pole Plaza (please see facility map).
- Exit from the parking lot will continue down Nelson Rd and exit onto El Camino Real.
- Parking is available (please see facility map).

**MEET ADMISSION:** Spectator Tickets can be purchased online at <https://tickets.gostanford.com/p/track-field>. Only paid ticket-holding spectators are allowed in the bleachers. Coaches who wish to sit in the bleachers **MUST** purchase a ticket. Athletes are **NOT ALLOWED** in stands. No exceptions to this policy.

**PARKING:**

Friday: Parking is available in Lot 2 (El Camino Grove) located just north of Cagan Stadium and west of Stanford Stadium. Bus drop-off is available in the Varsity Lot, via Nelson Road, near ACC Flags/Flagpole Plaza, traffic will remain moving. Please have "TRACK AND FIELD" placards in buses so our parking attendants can best guide you as we have multiple sporting events happening. Exit from the parking lot will continue down Nelson Rd and exit onto El Camino Real.

Saturday: both lots are open all day.

**RUNNING Events:** ATHLETES must report and check in to the Clerk of the Course at least 30 mins before the start of their event with their assigned bibs and spikes.

**FIELD Events:** ATHLETES must report at the event site at least 60 minutes (90 min for POLE VAULT and HIGH JUMP) before the scheduled start time.

Athletes who do not check in before the scheduled start of their event (first flight in field events) will be scratched.

NO warm-ups on the track for running events. Warm-up area can be found behind the track and is shown on the facility map.

**Relay Teams:** When reporting in, the WHOLE team, IN UNIFORM, must be present and MUST have their relay BATON with them.

**Pole Vault Check-In:**

Friday (BOYS): 2:15 - 3:45 p.m.

Saturday (GIRLS): 7:30 - 9 a.m.

\*\*CIF PV Form will be at the Weights and Measures Tent.

Awards for event winner at conclusion of the event at Timing Trailer on the backstretch of track:

Friday: 2:00 – 5:00 p.m.

Saturday: 1:00 - END

**\*\*Lane and heat assignments will take place after check in with the clerk\*\***



## Spectator Information

- I. Admission - \$18 general admission and \$25 for walk-ups. Tickets can be purchased online at <https://tickets.gostanford.com/p/track-field>.
- II. Accessibility - ADA fans can sit along the fence/railing near the front entrance in between the two bleachers. Companion chairs will be available as requested throughout the day.
- III. Cobb Track and Angell Field Policies
  - a. Clear Bag policy
  - b. Prohibited Items include umbrellas, metal, glass or hard plastic bottles/cans, weapons, smoking/vaping, tobacco, outdoor food/drink, banners/signs
- IV. Parking – Track House Lot and Galvez Lot
  - a. Paid parking from Monday – Friday 6am to 4pm; parking is free after 4pm on weekdays and free all day on weekends

## General Facility Information

- I. Training Room is located next to the athlete check in area (Medical Tent). To gain access to main athletic training room in AFSC, please contact Erica Nelson or Amelia Froelich.
- II. The Stanford Invitational will be contested rain or shine. In the event of severe weather (lightning, dangerous high winds, or heavy persistent rain), meet management reserves the right to delay, suspend, or cancel events to ensure the safety of participants, coaches, and spectators. Should a delay occur, teams will be instructed to seek shelter. Updates will be communicated via the official meet website and through announcements at Cobb Track and Angell Field. No refunds will be issued due to weather-related cancellations.

## Coaches/Athlete Admission

- I. Team Packet Pickup - Follow Signage for Packet Pick Up (in the Avery Aquatic Center Ticket Window), it will be open:

Thursday:	4:00 p.m. – 5:30 p.m.
Friday:	7:15 a.m. – 8:00 p.m.
Saturday:	7:15 a.m. – 4:00 p.m.

- II. Participant Drop Off - Bus drop-off is available in the Varsity Lot, via Nelson Road, near ACC Flags/Flagpole Plaza, traffic will remain moving. Please have “TRACK AND FIELD” placards in buses so our parking attendants can best

guide you as we have multiple sporting events happening. Exit from the parking lot will continue down Nelson Rd and exit onto El Camino Real.

III. Practice

Wednesday:	3:00 p.m. – 7:00 p.m.
Thursday:	1:00 p.m. – 7:00 p.m.
Friday:	7:00 a.m. – 9:00 a.m.

**(Please note the following event-specific windows – Javelin: 1:00-4:00pm; Discus: 4:00-7:00 pm)**

- IV. Warm Up Location - Rubberized lanes, starting blocks, and hurdles will be available outside the track along the backstretch for warm-up use. No warm-ups will be allowed on the track or infield. Athletes may also use the surrounding public areas of campus for warm up and cool down.
- V. TEAM Parking - available in Lot 2 (El Camino Grove) located just north of Cagan Stadium and west of Stanford Stadium.
- VI. Seating - Only paid ticket-holding spectators are allowed in the bleachers. Coaches who wish to sit in the bleachers MUST purchase a ticket. Athletes are NOT ALLOWED in stands. No exceptions to this policy.
- VII. Team Tents – Team tents can be set up in the Chuck Grove Area (see enclosed map) which are designated for teams who are bringing their own pop-up tents.
- VIII. Wristbands
  - a. Athletes – **BLUE**
  - b. No Field Access Coaches – **PURPLE**
  - c. AT/Operation/Personnel – **RED RUBBER**
  - d. Field Event Coaches ONLY – **ORANGE**
    - i. Coaches Boxes: **ORANGE WRISTBANDS** included in the packet will be issued to coaches with athletes with in-field events.

**3 wristbands/school: Athletes in both jumps & throws.**

**2 wristbands/school: Athletes in only jumps or only throws.**

**1 wristband: Unattached athlete competing in jumps or throws.**

**Rationale Supports 1-2 coaches per discipline (e.g., vertical/horizontal jumps, long/short throws). Schools distribute bands based on needs.**

## Wristband Guide



## Meet Procedures

### I. PROTESTS AND CHALLENGES

- a. Any challenge to the ruling of an attempt in field events must be made by a competitor or their coach immediately and before the next competitor is called up. Protests of singular matters must be made to the referee in writing no later than 15 minutes after the results have been deemed official. There is no jury of appeals and the referees' decision will be final. Results will be posted immediately online at <https://www.rtspt.com/events/stanford/invite26/>

## Event Check-In and Report Times

Running Events:	Check-In:	Report to Final Call/Hipping Area:
Running Event Check-In:	Clerk's Station (Backstretch)	
Running Events	NO LATER THAN 30 MINUTES PRIOR to Scheduled Start	15 Minutes Prior to Start
Relays	NO LATER THAN 30 MINUTES PRIOR to Scheduled Start	15 Minutes Prior to Start
		With ALL FOUR Team Members (AND BATON)
Field Events:	Check In:	Allowable Warm Up:
	At venue	
High Jump	90 Minutes Prior to Scheduled Start	60 Minutes Prior to Start
Pole Vault	90 Minutes Prior to Scheduled Start	75 Minutes Prior to Start
Horizontal Jumps	60 Minutes Prior to Scheduled Start	20 Minutes Flight-Specific Warmup
Throws	60 Minutes Prior to Scheduled Start	20 Minutes Flight-Specific Warmup

\*\*Athletes must bring their bib number and spikes to check-in\*\*

- I. **Scratches** - Scratches in running events should be made as soon as possible with the clerk at the check-in tent. Scratches in field events should be made to the field event official at the event site.
- II. **Relay Information**
  - I. Relay Cards must be turned in NO LATER than 30 minutes prior to the scheduled start.
  - II. The only authorized material for markers in relay events is *white athletic tape*. In the case of wet weather, thumbtacks may be used to secure the tape
- III. **Spike Check** - Only pyramid spikes with a maximum length of 1/4" (3/16" recommended) are allowed for practice and competition, with the exception of high jump and javelin where 3/8" spikes may be used. Other types of spikes, including needle and Christmas tree, are strictly prohibited.
- IV. **Shoe Check** - The Stanford Invitational is an approved World Rankings Competition. Competitors in Collegiate/Invitational sections of both track and field events are subject to shoe inspection at any time before or immediately after competition. Athletes selected for shoe inspection must present their competition shoe to the Shoe Control Officer for inspection. Any performance made wearing shoes not on the current World Athletics list of approved shoes will be disqualified. It is the athlete's sole responsibility to ensure they are using footwear that appears on the approved list, which can be found online at <https://certcheck.worldathletics.org/FullList/>
- V. **Bib Numbers** - Athletes must wear their assigned competitor bibs on the front. Athletes competing in the high jump and pole vault may wear their bibs on either the front or the back. Bibs may not be altered in any fashion. If bibs are lost, please visit timing trailer. Extra safety pins can be found at Clerking/Athlete Check In.
- VI. **Relays** - ALL FOUR MEMBERS OF HIGH SCHOOL + COLLEGE RELAYS MUST REPORT TO CHECK-IN AND FINAL CALL WITH THE FOLLOWING:
  - I. MATCHING UNIFORMS
  - II. TEAM BATON \*\*NOT PROVIDED BY STANFORD\*\*
- VII. **Weigh Ins** - All throwing implements must be checked in at the Implement Inspection tent in Cardinal Plaza no later than 60 minutes before the scheduled start of the event. Late implements will not be accepted. Implements will be impounded and certified implements will be brought to the event site. Implements failing inspection will be held at the Implement Inspection tent and may be picked up immediately following the event. Implements for Saturday events will not be checked on Friday or stored overnight.
- VIII. **Electronic Communication** - No use of electronic devices or communication equipment on track or infield with the exception of coaches in designated

coaches' boxes. The electronic device restriction includes phones, tablets, headphones, ear buds, smart glasses. Smart watches may be worn provided they are not used for communication.

IX. **Preferred Lanes** – 5 6 4 7 3 8 2 9 1

X. **Results/Entry Listings**

I. Live results will be posted at:

<https://www.rtspt.com/events/stanford/invite26/>

## **ATHLETE FLOW**

- I. Report to Check-In. Please follow the check-in instructions.
- II. All Athletes must enter the track ONLY via the entrance located in front of the Final Call Area, on the backstretch (please see enclosed map).
- III. For the 100M, 100M H, 110 M H:
  - a. After your event – retrieve your warm-ups by following the fence line (located on the infield grass) along the horizontal jump's runways.
  - b. Then follow the dirt path located next to lane 9 and exit the gate at the start of the 200 Meters.
- IV. For all other running events:
  - a. After your event – please exit the track by walking on the dirt path (next to Lane 9) and exit the gate at the start of the 1500 Meters/near scoreboard.
- V. Field Events:
  - a. Enter the track via the entrance located in front of the Final Call Area, on the backstretch (please see the enclosed map). Please use the jogging lane (located on the inside of the track) to get to your field event.
  - b. Pole vault poles must be brought onto the track through the gate at the start of the 1500m/near the scoreboard.
  - c. After your event, please exit the gate at the start of the 1500 Meters/near the scoreboard.
  - d. All athletes are required to exit the competition area upon finishing their event. No loitering is allowed inside the fence or on the infield. This will be strictly enforced.

## **Opening Collegiate Heights and Progressions (2026)**



	Event	Target												
M & W High Jump	M HJ	2.10	Suggested Progression	1.82	1.87	1.92	1.97	2.02	2.07	2.10	2.13	2.16	2.19	2.22
				5' 11.5"	6' 1.5"	6' 3.25"	6' 5.5"	6' 7.5"	6' 9.5"	6' 10.75"	6' 11.75"	7' 1"	7' 2.25"	7' 3.25"
	W HJ	1.78	Suggested Progression	1.50	1.55	1.60	1.65	1.70	1.75	1.78	1.81	1.84	1.87	1.90
				4' 11"	5' 1"	5' 3"	5' 5"	5' 7"	5' 8.75"	5' 10"	5' 11.25"	6' .25"	6' 1.5"	6' 2.75"
M & W Pole Vault	M PV	5.20	Suggested Progression	4.35	4.50	4.65	4.80	4.95	5.10	5.20	5.30	5.40	5.50	5.60
				14' 3.5"	14' 9.5"	15' 3.5"	15' 9.25"	16' 3.75"	16' 7.25"	17' .75"	17' 4.5"	17' 8.5"	18' .5"	18' 4.5"
	W PV	4.06	Suggested Progression	3.21	3.36	3.51	3.66	3.81	3.91	4.06	4.16	4.21	4.31	4.41
				10' 6.25"	11' 0.25"	11' 6.25"	12' 0"	12' 6"	12' 10"	13' 3.75"	13' 7.75"	13' 9.75"	14' 1.75"	14' 5.5"

## RULES

- I. Collegiate and invitational events will be conducted in accordance with NCAA Track & Field rules. High school events will follow NFHS rules as adopted by the California Interscholastic Federation (CIF). All athletes are expected to comply with applicable regulations regarding uniforms, equipment, competition procedures, and sportsmanship. In the event of a conflict, the governing rule set for the respective division will apply. Meet management reserves the right to enforce additional facility policies and safety procedures as necessary.

## High School Specific Meet Info

Pole Vault: We will follow CIF procedures in the boys' and girls' pole vaults. CIF Pole Vault Verification Forms can be found at Weights and Measures. All pole vault poles MUST be checked in at weights and measures as follows:

POLE VAULT CHECK-IN	
Friday (BOYS):	2:15-3:45 P.M.
Saturday (GIRLS):	7:30-9:00 A.M.

**Awards:** We will be distributing awards to the event winner at the conclusion of the event (NOT HEAT OR SECTION WINNERS) at the table near the Timing Trailer on the back side of the track.

Awards for **relays** will be distributed to the **FOUR** athletes who ran on the winning team (alternates will not be included).

AWARDS	
Friday:	2:00-5:00 p.m.
Saturday:	1:00 - END

## 2026 High School Progressions

**...** = 2026 CIF At-Large Standard

<b>Boys' HJ:</b>	1.77 (5-9.75)	1.82 (5-11.50)	1.87 (6-1.50)	1.92 (6-3.50)	1.95 (6-4.75)	<b>1.98</b> (6-6)	2.01 (6-7)	(+3)		
<b>Girls' HJ:</b>	1.48 (4-10.25)	1.53 (5-0.25)	1.58 (5-2.25)	1.62 (5-3.75)	1.65 (5-5)	<b>1.68</b> (5-6)	1.71 (5-7.25)	(+3)		
<b>Boys' PV:</b>	3.63 (11-10.75)	3.78 (12-4.75)	3.93 (12-10.75)	4.08 (13-4.50)	4.23 (13-10.50)	4.38 (14-4.50)	4.53 (14-10.25)	4.63 (15-2.25)	<b>4.73</b> (15-6.25)	(+10)
<b>Girls' PV:</b>	2.76 (9-0.50)	2.91 (9-6.50)	3.06 (10-0.50)	3.21 (10-6.25)	3.36 (11-0.25)	3.51 (11-6.25)	3.61 (11-10)	<b>3.71</b> (12-2)	(+10)	

## Contact and Referral Information

The Jaquish & Kenninger  
Director of Athletics

John Donahoe

The Franklin P. Johnson  
Director of Track & Field

J.J. Clark

Meet Director

Savannah Schenck  
Cell – (504)250-6161  
E-mail – [sschen6@stanford.edu](mailto:sschen6@stanford.edu)

Strength & Conditioning

Liz Leahy, [lizleahy@stanford.edu](mailto:lizleahy@stanford.edu)

### Stanford University Sports Medicine

#### Important Phone Numbers


Athletic Training Room (inside Arrillaga Family Sports Center)	(650) 723-1214
Urgent Care	(650) 321-4121
Stanford Hospital (information)	(650) 723-4000
Erica Nelson – Track & Field Athletic Trainer	(530) 385-5529

#### Directions to Hospital:

From Arrillaga Family Sports Center, facing Campus Drive, \*  
From Varsity Parking Lot (adjacent to Stanford Stadium), exit through Nelson Road  
Turn Left onto Galvez Street, \*

\*Turn Right onto Campus Drive. Follow blue “Emergency” signs.  
Proceed on Campus Drive past Quarry Road.  
The Stanford University Hospital Emergency Room is on the Right.



1. Packet Pick Up	6. Clerking	11. Pole Vault Access (Pole Drop Off)	16. Tickets/Concessions
2. Team/Officials Entrance	7. Final Staging/Hipping Area	12. Timing Trailer (HS AWARDS Pick Up)	17. Athletic Training/Medical
3. Team Parking	8. Weights and Measures (Avery)	13. Coaching Access (Wristband Only)	18. Official/Volunteer Check In
4. Officials' Parking (Pass Only)	9. Athlete Entrance (Wristband Only)	14. Coaching Access (Horizontal Jumps)	 No Spectator Access
5. Hammer Entrance (Spectators)	10. Athlete Warm Up Area	15. Track House (Merchandise)	







Dear Visiting Athletic Trainer,

On behalf of the Stanford University Sports Medicine Staff, I would like to welcome you and your team to Palo Alto. The following information should help in preparation for your visit. Please contact us prior to your arrival if you have any questions or need to make special arrangements.

The following is available to you in our main Athletic Training Center, which is located inside Arrillaga Family Sports Center.

→ Several modalities, including warm and cold whirlpools

*You must make prior arrangements with the host athletic trainer to use this facility since it is off-site.*

The meet is being held at Cobb Track and Angell Field. The following will be available at the on-site medical tent:

→ 7 gallon water and 5 gallon Gatorade

→ Ice/Ice Bags post meet

→ Emergency Equipment (AED, Vacuum Splints, Crutches)

→ Hydrocollator

→ Upon request: Ultrasound and e-stim unit

A physician on site during competition and on-call during listed practice times should you and your team require their assistance.

Feel free to contact me with any questions at: (503) 385-5529 - Cell

Safe Travels,

*Erica Nelson*

Erica Nelson, MS, ATC  
Associate Athletic Trainer, Cross Country and Track & Field  
Stanford University

**Phillip & Penelope Knight Athletic Training Center**  
641 E. Campus Drive  
Stanford, CA 94305

**Stanford Hospital**  
300 Pasteur Dr. Stanford, CA 94305

**Stanford Urgent Care**  
211 Quarry Rd. Suite 102, Palo Alto, CA 94305

**CVS Pharmacy**  
Town and Country  
855 El Camino Real, Palo Alto, CA 94301



**Cobb Track and Angell Field – Stanford University**  
**193 Galvez Street**  
**Stanford, California 94305**

**Emergency Personnel:**

First responders are present for some practices and competitions. Certified athletic trainers and physicians are on-site for all home track competitions

**Emergency Communication:**

Fixed telephone lines are available in the Track House located on the West end of the track at the corner of Campus Drive and Galvez Street. Cellular phones may or may not work on the track.

**Emergency Equipment:**

AED, First Aid supplies, and spine board are located on-site. Airway management supplies, splint bag, and crutches are available on site during competitions.

**Emergency Response Activation:**

1. Provide immediate care for the injured student-athlete or staff member:
2. Activate Emergency Medical Services (EMS) using
  - a. Fixed Telephone Line: **Dial 9-911**
  - b. Cellular Telephone: **Dial 911**

**Instruct EMS personnel to “Report to the Cobb Track and Field using the Galvez Street entrance. We have an injured student-athlete/staff member in need of emergency medical treatment. A designated individual will meet you at the entrance to Jordan Peyton Plaza.” Do not hang up until the emergency dispatcher gives the OK to do so.**

3. Retrieve necessary emergency equipment
4. Direct EMS to the scene
  - a. Open appropriate gates/doors (coaching staff/event management)
  - b. Designate individual to ‘flag down’ EMS and direct them to the scene
  - c. Appropriate personnel will control the scene—Limit the scene to first aid providers. Remove bystanders.
5. EMS will transport to default hospital which is Stanford Hospital Emergency Department (300 Pasteur Dr.)

**Venue Directions:**

From Galvez Street turn into the Track House Parking lot #6 located near the intersection of Galvez Street and Campus Drive. Field access is located through Payton Jordan Plaza on the north side of the track.

**Contact Information:** Erica Nelson - M/W T&F (503) 385-5529 Amelia Froehlich - M/W T&F (650)-788-7082

**Map:**





## **STANFORD ATHLETIC TRAINING** **VISITING TEAM GUIDE**

### **ATHLETIC TRAINING STAFF DIRECTORY/CONTACT INFORMATION:**

<https://gostanford.com/meet-the-team-athletic-training>

### **MAIN ATHLETIC TRAINING ROOM FACILITY:**

*Philip and Penelope Knight Athletic Training Room*

*Located in: The Arrillaga Family Sports Complex (AFSC)*

Address: 641 Campus Dr E Stanford, CA 94305

Note: Hours of operation during the academic year M-F 8am-7pm, access and appointments can be coordinated through host Stanford Athletic Trainer

**SATELLITE ATHLETIC TRAINING ROOMS: *May be used under direction and request of host Stanford Athletic Trainer.***

- Maples Pavilion
- Cagan Stadium
- Ford/Burnham Pavilion
- Sunken Diamond
- Body and Jill Smith Family Stadium
- Taube Tennis Stadium

### **\*\*IF YOU ARE NOT TRAVELING WITH YOUR TEAM, PLEASE PROVIDE VIA EMAIL:**

- Treatment requests in writing to the host Stanford Athletic Trainer.
- Taping supplies, if possible, and directions for application per athlete.
- Any special considerations with one of your athletes.

### **TEAM PHYSICIANS:**

*Lacob Family Sports Medicine Center*

*Located in: The Arrillaga Family Recreation Center*

Address: 341 Galvez St Stanford, CA 94305

Team physicians will be on site for all competitions that are conference and governing body required; will be available for any visiting team consultations.

Available M-F 8am-5pm, appointments can be coordinated through host Stanford Athletic Trainer



### LOCAL CLINICS/HOSPITALS:

- Stanford Hospital/Emergency Department  
300 Pasteur Dr Stanford, CA 94035
- Imaging Clinic at Hoover Pavilion 1 (walk in x-rays)  
211 Quarry Dr Palo Alto, CA 94304
- Stanford Express Care  
211 Quarry Rd Suite 102 Palo Alto, CA 94305
- Palo Alto Medical Foundation: Sutter Health  
795 El Camino Real Palo Alto, CA 94301
- Kaiser Permanente, Redwood City  
1100 Veterans Blvd Redwood City, CA 94063

**PARKING: refer to facilities or director of operations for respective sports**

### PHARMACIES:

- CVS Pharmacy  
855 El Camino Rd Palo Alto, CA 94305  
352 University Ave Palo Alto, CA 94305
- Walgreens Pharmacy  
2605 Middlefield Rd Palo Alto, CA 94305

### IN CASE OF CARDIAC EMERGENCIES, AED INFORMATION BELOW:

Avive AEDs are located throughout our campus to be used for emergencies. Incident reports will be available after, which can be retrieved through scanning the QR code or providing the incident ID to emergency medical professionals.

**Avive Connect AED™  
Emergency Steps**

Follow these steps in a cardiac arrest emergency.

- 1 Unplug AED & Take It Off the Wall**  
Disconnect from the USB-C cable on the left side of the AED to unplug
- 2 Pull the Red Tab**  
Audio and visual prompts will provide step by step instructions.  

- 3 Apply Pads**  
Place pads as shown.  

- 4 Stand Back**  
Do not touch the patient. Device will perform an automated analysis and deliver a shock, if necessary.

  
avive.life





**Stanford University and the Castilleja School Present:  
The Stanford Track & Field Invitational  
April 3-4, 2026  
Cobb Track and Angell Field**

**HIGH SCHOOL ENTRY INFORMATION**



**DIRECT ALL COMMUNICATION TO:**

**Savannah Schenck- Meet Director  
Stanford Track & Field Invitational  
641 East Campus Drive  
Stanford, CA 94305-6150  
Email: [sschen6@stanford.edu](mailto:sschen6@stanford.edu)  
Website: [www.gostanford.com](http://www.gostanford.com)  
Entries: [www.ca.milesplit.com](http://www.ca.milesplit.com)**



## IMPORTANT INFORMATION AND DEADLINES

<u>Date</u>	<u>Time</u>	<u>Deadline</u>
Monday, February 23, 2026	8:00 a.m., PST	Entries OPEN on MileSplit ( <a href="https://ca.milesplit.com">https://ca.milesplit.com</a> )
Wednesday, February 25, 2026	7:00 p.m., PST	Deadline for OUT OF STATE TEAMS to Declare Intent to Compete
Monday, March 23, 2026	7:00 p.m., PST	Online entries CLOSE
Wednesday, March 25, 2026	7:00 p.m., PST	Accepted Entries Posted ( <a href="http://www.recordtiming.com">www.recordtiming.com</a> )
Tuesday, March 31, 2026	7:00 p.m., PST	SCRATCH/ADD DEADLINE
Thursday, April 2, 2026	7:00 p.m., PST	Entry Fee DEADLINE

## HIGH SCHOOL ENTRY INFORMATION

### IMPORTANT REMINDERS

- **ALL ATHLETES MUST REPRESENT TEAMS FROM MEMBER SCHOOLS OF THEIR STATE ASSOCIATION. THEREFORE, UNATTACHED ATHLETES MAY NOT ENTER/OR COMPETE AT THE STANFORD INVITATIONAL.**
- **COACHES WILL BE ASKED TO SIGN IN AT PACKET PICKUP. IF YOU ARE NOT A MEMBER OF THE SCHOOL'S COACHING ROSTER, YOU WILL BE REQUIRED TO PRESENT A LETTER FROM THE SCHOOL THAT EXPRESSLY GIVES PERMISSION FOR YOU TO REPRESENT COMPETING ATHLETES.**
- **MEET MANAGEMENT RESERVES THE RIGHT TO REQUEST PROOF OF AFFILIATION FROM ALL COACHES/REPRESENTATIVES PICKING UP TEAM PACKETS.**
- **ALL ENTRIES** should be completed on [www.ca.milesplit.com](http://www.ca.milesplit.com). Entries submitted by any other method will **NOT BE ACCEPTED**. **ALL ENTRIES** should be entered via a **TEAM ACCOUNT ONLY**.
- **ENTRIES VIA ATHLETIC.NET WILL NOT BE ACCEPTED.**

### HIGH SCHOOL SANCTIONING

- The Stanford Invitational is SANCTIONED BY THE NFHS. Competing teams must be members of their respective state association in order to compete.
- **For sanctioning purposes, ALL TEAMS from OUTSIDE OF THE STATE OF CALIFORNIA must declare their INTENT TO COMPETE by Wednesday, February 23. A link to declare your intent to compete will be posted on [www.gostanford.com](http://www.gostanford.com). This process must be completed regardless of whether or not your team has competed at the Stanford Invite in the past.**

### ENTRY PROCEDURES

- **ALL ENTRIES** are **DUE BY Monday, March 23 @ 7:00 P.M., PST**. You may update or change your entries anytime up until the deadline. **ALL ENTRIES WILL BE CONSIDERED FINAL AT THE CLOSE OF ENTRIES.**
- ATHLETES WILL BE CONSIDERED ACCORDING TO MARKS SUBMITTED BY THE CLOSE OF ENTRIES – THERE WILL BE NO OPPORTUNITY TO UPDATE/AMMEND PERFORMANCES AFTER THE ENTRY DEADLINE. EMAILS/CALLS REPORTING UPDATES/IMPROVEMENTS WILL NOT BE RETURNED.
- **WE WILL ACCEPT VERIFIABLE ENTRY PERFORMANCES FROM THE 2025 OR 2026 SEASON ONLY. IF WE ARE UNABLE TO VERIFY A PERFORMANCE, THE ENTRY WILL BE CONSIDERED AS A "NT" ENTRY.**
- **PLEASE PRINT YOUR ENTRY CONFIRMATION FROM MileSplit.** This is the **ONLY WAY** to confirm that your athletes have been properly entered.
- **PLEASE ENSURE A VALID EMAIL ADDRESS IS INCLUDED ON YOUR MileSplit TO ENSURE THE MEET COMMUNICATION IS RECEIVED!**



### SCRATCH PERIOD

- **Coaches are asked to scratch athletes who are unable to compete by Tuesday, March 31.** Where possible- we will attempt to fill the fields as scratches dictate - up until the scratch deadline. Scratched athletes will be replaced by the NEXT BEST ENTRY on the descending order list. All scratches should be submitted to [rtspt.usa@gmail.com](mailto:rtspt.usa@gmail.com).
- Scratches after the scratch deadline will be left as an open lane/position.
- **ABSOLUTELY NO CHANGES WILL BE MADE AFTER TUESDAY, March 31.**

### LIMITATIONS ON ENTRIES

- In order to achieved balanced field sizes, please note that schools will be LIMITED to entering NO MORE than 3 ATHLETES IN AN EVENT. Schools may NOT enter multiple relay teams in an event. If a school enters more than 3 athletes or multiple relay teams the additional athletes and teams will be automatically rejected.
- Substitutions for individual events after the entry deadline are NOT permitted.

### VERIFICATION OF ENTRIES

- **All entry performances are subject to verification by meet management.**
- ENTRIES FOR THE 400MH SHOULD BE ENTERED WITH VERIFIABLE 300MH PERFORMANCES. Performances in the other events, or conversions will not be accepted.
- Meet management will review performances before making decisions on which athletes have been accepted into the meet. Entries that cannot be verified are NOT guaranteed and will be accommodated only if space permits.

### NO SHOW POLICY

- Teams and/or athletes accepted into the meet and are NO SHOWS the day of the meet:
  - *A letter will be sent to the high school's athletic director indicating that your team and/or individual athletes did not show for the Stanford Track and Field Invitational. Therefore, in the future, your high school will not be allowed to compete in Stanford Home Meets.*

### ENTRY FEES AND PAYMENT PROCEDURES

- All entry fees must be paid in full before your packet is issued. Entry fees are calculated based upon the status of your **ACCPETED ENTRIES** at 7:00 PM PST on Wednesday, March 25, 2026. Entry fees are for the total number of athletes who were accepted into the meet.
- Please pay by school-issued check, personal check, money order or cash. **If a personal check is written - please include the TEAM NAME in the memo line.**
- **Individuals: \$35.00 per individual per event; Relays: \$50.00 for each relay team entered.**
- Any athlete who is issued a bib number in your team packet counts toward your entry fee. No athlete will be allowed to compete without a bib number.
- Please make checks payable to **CASTILLEJA SCHOOL.**
- We strongly recommend that you pay your entry fee in advance. We realize that is not possible for some schools, so those wishing to pay when they pick up their team packets, please make sure to have the correct amount on your checks. No refunds will be issued.

**Checks should be made out to:  
CASTILLEJA SCHOOL  
Attn: Castilleja Athletics  
1310 Bryant Street  
Palo Alto, CA 94301**



STANFORD INVITATIONAL | APRIL 3-4, 2026

**Entry GUIDELINES and FIELD SIZE LIMITS**

- PLEASE NOTE - The standards below are simply guidelines for entry. Meeting the entry standard does not guarantee acceptance.
- Please note the opening heights and minimum marks will be posted after the accepted entry list is posted.
- It is required that the following performances have been achieved in the 2024 or 2025 season. Where possible, please submit only FAT (Fully Automatic Timing) Performances. Hand times in the sprints, hurdles, and relays will not be accepted.
- Please note that meet management reserves the right to adjust field sizes as necessary to ensure the meet has the best competitive atmosphere possible.

<b>TRACK EVENT (FIELD SIZE)</b>	<b>MEN</b>	<b>WOMEN</b>
<b>100 Meters (Top 30)</b>	11.10	12.50
<b>400 Meters (Top 30)</b>	50.50	58.50
<b>800 Meters (Top 30)</b>	1:57.00	2:18.00
<b>1600 (Top 30)</b>	4:20.00 (1600m)	5:08.00 (1600m)
<b>3200 Meters (Top 30)</b>	9:35.00 (3200m)	11:10:00 (3200m)
<b>110/100m Hurdles (Top 30)</b>	15.75	15.65
<b>400-Meter Hurdles (Top16)</b>	41.50 (300mH)	47.00 (300mH)
<b>4x100-Meter Relay</b>	Top 32 Entries	Top 32 Entries
<b>4x400-Meter Relay</b>	Top 32 Entries	Top 32 Entries
<b>Distance Medley Relay</b>	Top 32 Entries	Top 32 Entries
<b>FIELD EVENT</b>	<b>MEN</b>	<b>WOMEN</b>
<b>High Jump (Top 20)</b>	6-2	5-2
<b>Pole Vault (Top 20)</b>	13-6	10-6
<b>Long Jump (Top 24)</b>	21-6	16-6
<b>Triple Jump (Top 24)</b>	42-6	35-6
<b>Shot Put (Top 24)</b>	47-0	36-6
<b>Discus (Top 16)</b>	140-0	110-0