



## Friday Night Lights Invitational

**DATE** – Friday, March 2nd, 2018

Meet starts at 3:00pm (Gates open 1:00pm)

**ADMISSION** – Adults \$8.00, Students (w/ I.D.) \$5.00 , Children (under 10) Free, Military w/I.D. Free

**ENTRY FEE** – \$10 per event, \$20 per relay. \$500 max entry fee per school (\$250 each Girls /Boys). Checks made payable to San Juan Hills ASB (memo: Track & Field). Competing schools must make payment on or before day of event.

**ENTRY PROCEDURE** – Entries will be done via Finished Results. Entry deadline is Monday, February 26th, 2018. We will have a frosh/soph and varsity division for both boys and girls. Each school has a maximum of 4 entries per event in each division. 1600m & 3200m has a maximum of 6 entries and will be run in reverse order(3200m before 4x100 and 1600m before 4x400). Marks entered may be from the 2017 T&F season and will be verified.

**MEET FORMAT** – There will be 2-3 open heats for most races immediately followed by an Invitational heat. The fastest times entered will compete in the invitational heat with the next fastest times competing in the open heats. Athletes NOT checked in 15 minutes prior to event start will be replaced with alternates.

**EVENTS** – 3200m, 4x100m, 100m hurdles, 110m hurdles, 400m, 100m, 800m, 300m hurdles, 200m, 1600m, 4x400m, HJ, LJ, TJ, Shot Put, Discus, Pole Vault. 4 attempts for varsity and 3 attempts for F/S will be given in the LJ, TJ, Shot & Discus. Meet schedule will be posted closer to meet date. Athletes may compete in a maximum 4 events.

**AWARDS** – Medals will be awarded to top 3 overall.

**CONCESSIONS** – Full snack bar offered. Complimentary meal tickets provided for coaches.

**DIRECTIONS** – From Interstate 5, Ortega Highway (East), right on La Pata, right on Stallion Ridge.

**PARKING / BUSES** – Athlete drop off in front of gym at main stadium entrance. Free parking available in student lot (see map) Do not park near tennis courts.



For more information contact Rob Summers at [rsummers@capousd.org](mailto:rsummers@capousd.org)