

2019 Santa Rosa Twilight Invitational
Co-hosted by Maria Carrillo High School and Santa Rosa Jr. College Rev: 12/22/18

Date: Friday, March 22, 2019

Time: **12:00** for OPEN Running and Field Events. **7:00 PM** for INVITATIONAL Running Events.

Location: Maria Carrillo High School, 6975 Montecito Ave. Santa Rosa, CA 95409 (SRJC track is under construction)

Entry Fee: \$15 per athlete, \$15 per relay, or \$250 for the entire team, whichever is less. Checks payable to MCHS PAB

Meet Concept:

- Unlimited entries into select Open events to get all your athletes involved.
- Invitational races held under the lights.
- FAT timing

Format:

- We will run a normal order of events schedule.
- We have open entries for all running events. Heats will run slow-to-fast, so each heat should be competitive.
- UNLIMITED entries only for the OPEN 100, 400 and 1600; all other events are limited. (see below)
- Top overall 12 athlete DISTANCE seed times for every running event and top overall 8 athlete seed times for every SPRINT event will compete in INVITATIONAL SECTION STARTING AT 7PM.

Schedule of ALL Field Events (For LJ and TJ, we'll have two pits going at the same time):

12:00			Boys and Girls TJ	
1:00	Disc Boys	Shot Girls	Girls HJ	Boys PV
2:30			Boys and Girls LJ	
5:00	Disc Girls	Shot Boys	Boys HJ	Girls PV

Field Events:

- All field events will be capped. Each school is guaranteed entries for 2 per gender for each event.
- If additional slots are available, we will fill those slots with additional entries based on best marks entered.
- 3 jumps/throws per athlete.

Order of OPEN RUNNING EVENTS 12:00 Start:

4x100 Relay: Open girls followed by Open boys. (Limit 3 entries per school per gender)

1600m: Open girls (unlimited) Open boys (unlimited)

100H/110H: Open girls, Open boys (varsity heights) (limit 4 entries per school per gender)

400m: Open girls (unlimited) Open boys (unlimited)

100m: Open girls (unlimited) Open boys (unlimited)

800m: Open girls, Open boys, (limit 4 per school per gender)

300H: Open girls, Open boys, (limit 4 per school per gender)

200m: Open girls, Open boys (limit 4 per school per gender)

3200m: Open girls, Open boys, (limit 4 per school per gender)

4x400 Relay: Open girls, Open boys (limit 3 per school per gender)

INVITATIONAL RUNNING EVENTS Schedule (top 8 times entered for sprints, top 12 for 800, 1600, 3200) **7:00PM Start**

4x100 Relay	Girls 7:00	Boys 7:04	1600m	Girls 7:08	Boys 7:18
100H/110H	Girls 7:27	Boys 7:32	400m	Girls 7:40	Boys 7:44
100m	Girls 7:50	Boys 7:54	800m	Girls 7:58	Boys 8:03
300H	Girls 8:08	Boys 8:13	200m	Girls 8:19	Boys 8:23
3200m	Girls 8:30	Boys 8:45	4x400 Relay	Girls 9:00	Boys 9:07

Awards: Shirts to the top finisher in EVERY heat, names of outstanding athlete added to our Twilight perpetual trophy.

ENTRIES DUE SUNDAY, MARCH 17TH, 2019 AT 5PM via www.athletic.net

1. Log in to your account on **Athletic.net**
2. From your homepage, click "**Add Meet**"
3. Select the proper date and then click **Santa Rosa Twilight Invitational** from the list of meets on that date to add it to your calendar
4. Click "**Register Athletes**" to begin meet registration

Notes about entries:

1. Please enter a seed time/mark for all entries
2. If individual athletes qualify for 3 or 4 invite races, an email will be sent to the coach asking if in fact the athlete would like to participate in all of the invite races (as this can be a bit much in a two hour block) If the athlete chooses to not participate in all of their invite events, coaches of the next athlete on this list will be contacted to promote their athlete into the invite portion.

Scratches/Substitutes:

1. Please send scratches in. We pre-seed the meet and if you don't scratch athletes, invite heats will not be full.
2. You may sub an athlete for one of your athletes in any event, their result will show as the original registered athlete.

Live Results: Live Results at www.diablotiming.com Hardcopy results will be posted on site when available.

Athlete Check-in: All athletes in the running events must check in with the clerk of the course (located at the north end of the track, near football scoreboard) 30 minutes prior to the start of their event. Final call will take place 20 minutes prior to the event start time. Athletes that fail to check in by this deadline will be scratched. Running event athletes will be escorted to the bull-pen on the infield for heat assignments. Field event competitors should check in at the event site 30 minutes prior to their event start time.

Weigh-ins: Implement weigh-in 12:00-4:30 under the canopy near the snack bar at the south end of the track facility.

Field and Track Access: Only participating athletes are allowed inside the fence that borders the track. Coaches, spectators and non-participating athletes will be asked to remain outside the fence. DO NOT disturb officials at the timing station and do not cross into taped-off areas for Discus on the infield.

Misc.: An entrance fee of \$5 for all spectators will be charged. Snack bar will be open from 12-8PM. Spectator shirts will be available for purchase at the meet, while supplies last. Time permitting: School Mascot 100m dash at 6:45PM.

Contact: For more information please contact MCHS Head Track Coach, Greg Fogg at: greg.fogg@comcast.net