

Santa Rosa Twilight Invitational

Date: Friday April 7th 2016

Time: 12:00 for Open Running and 1:00 for Field Events. 7:00 for Invitational Running Events.

Location: Bailey Field Santa Rosa Junior College

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 most or all of your athletes involved.
- Invitational races held under the lights.
- FAT timing

Format:

- We will run a normal schedule.
- We have open entries in to all running events. Heats will run slow to fast so each heat should be competitive.
- In the 100, 400 and 1600 we have an unlimited number of entries. Entries limited in other events. (see below)
- Invitational section of every running event for the top 8 athletes entered in sprints and top 12 in distance events.

Schedule of Field Events:

1:00	Disc Boys	Shot Girls	Girls LJ	Girls HJ	Boys PV
3:00			Boys LJ		
5:00	Disc Girls	Shot Boys	Girls TJ	Boys HJ	Girls PV
7:00			Boys TJ		

Field Events:

- All field events will have guaranteed entries for 2 per school per sex.
- If additional slots are available, we will fill those slots with additional entries based on best marks entered.
- Field Events size is capped at: LJ and TJ 36 for each boys and girls, (3 jumps each) Shot and Disc capped at 60 boys and girls, HJ and PV will be capped at 48 boys and girls

Running Events Open

12:00 Start

Exhibition 2000m boys and girls Steeple (11:45 start with instructional session at 11:30)

4x100 --Open Girls followed by Open Boys. (Limit 3 entries per school per sex)

1600M---Open Girls (unlimited) Open Boys (unlimited)

100H/110H Open Girls, Open Boys (varsity heights) (limit 4 entries per school per sex)

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

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

800m Open girls, Open boys, (4 per school per sex)

300H Open girls, Open boys, (4 per school per sex)

200m Open girls, Open boys (4 per school per sex)

3200 Open girls, Open boys, (4 per school per sex)

4x400 Open girls, Open boys (3 per school per sex)

Invitational Running Events (top 8 times entered for sprints, top 12 800, 1600, 3200) **7:00 Start**

4x100	Girls 7:00	Boys 7:04	1600	Girls 7:08	Boys 7:18
100h/110h	Girls 7:27	Boys 7:32	400	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
3200	Girls 8:30	Boys 8:45	4x400	Girls 9:00	Boys 9:07

Awards: Shirts to the top finisher in each heat, plaque to most outstanding overall male and female athlete

Entries:

1. Go to <http://www.ezmeets.com/>
2. Locate the SR Twilight box
3. Click on 'request a password'
4. You will be sent a password for entries.
5. If you need to change any info like coach or coach's contact info you may do so by clicking 'update' on your team info page

Notes about entries:

1. Please enter a seed time/mark for all entries
2. If you are interested in having your athlete qualify for the invite portion of the meet please include a meet and date that the mark was attained
3. Remember that if you have athletes qualify for the invite portion of the meet, you will be notified starting Monday after entries are due. You will need to confirm that you want them participating in the invite events for which they qualify. (remember that this portion of the meet goes fast and there is not much recovery time so if athletes qualify for multiple events you may choose to run them open in some events and invite in others)
4. If athletes choose not to run in the invite portion, they will be moved to the open division and I will email the coach of the next athlete on the list to see if they are interested. Your prompt reply is important so that we can fill all the lanes and have full heats for the invite portion. Your help is appreciated.

Results: Results will be posted as available under the East side bleachers. Also will be available on: <http://www.redwoodempirerunning.com/>

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.

All warm-ups need to take place on the grassy areas outside of the stadium. No warm-ups will be allowed on the track infield.

Parking: \$4 for parking at the JC. School busses no charge.

Entry Fee: An entrance fee for all spectators will be charged. Entrance fee will be \$2.

Food: Snack bar will be open from 12-8

Shirts: Meet shirts will be available for purchase.

Steeple Chase: Introducing the exhibition 2000m steeple chase. Boys and girls invited to participate (hurdles at the girls height) A 15 minute instructional session will take place prior to the race.