

**42<sup>nd</sup> Annual Ed Only Foothill Invitational**  
**Citrus College, March 6<sup>th</sup>, 2010, 8am**  
**Sponsored by Azusa High School**

Entry to the meet will be accepted on a first come, first served basis. The fee is \$300 for combined men/women's entries; \$200 for single team entry. Checks may be sent in advance or delivered at check-in the day of the meet. The final deadline for entry submission is Wednesday, March 3<sup>rd</sup>, 2010 to allow for the posting of seed lists, scratches or corrections prior to the meet.

The meet will be held rain or shine. There will be no refund of entry fees.

**Steps to Enter:**

- Complete this form to **reserve a spot** for your team(s).
- Submit Entries using **Direct Athletics**. ([www.directathletics.com](http://www.directathletics.com))
- Make checks payable to: **Foothill Invitational**.
- Confirmation of **Entry Fees** within 24 hours of receipt.

**Entry Information:**

School/Team Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

\_\_\_\_\_

Coach's Ph. #: \_\_\_\_\_

\_\_\_\_\_

Coach's Email: \_\_\_\_\_

\_\_\_\_\_

Number of Athletes Competing: \_\_\_\_\_

I have questions about the meet. **Contact me.**

**Mail Entry Fee To:**

Meet Director- Foothill Invitational  
Citrus College Track  
1000 W. Foothill Boulevard  
Glendora, CA 91741-1899

**Contact Meet Manager:**

Mike Martinez- Meet Manager  
[imart44@verizon.net](mailto:imart44@verizon.net)

Please contact the **Meet Manager** regarding any day of questions or entry requests.

# 42<sup>nd</sup> Annual Foothill High School Invitational

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|                           |  |
|---------------------------|--|
| <b>Mail Entry Fee To:</b> | <b>Meet Director-Foothill Invitational<br/>Citrus College Athletics<br/>1000 W. Foothill Boulevard<br/>Glendora, CA 91741-1899</b> |
|---------------------------|--|

**Date for Meet:** **Saturday, March 6<sup>th</sup>, 2010. "Rain or Shine"**

**Events:** Women, Men to Follow, unless otherwise noted.

## **Order of Events (Time Schedule Below)**

### **Running Events- Timed Finals**

4 x 1600m  
Sprint Medley- Women (100, 100, 200, 400)  
Sprint Medley- Men (200, 200, 400, 800)  
4 x 100m  
4 x 800m  
100m Hurdles Women  
110m Hurdles Men  
100m  
300m Hurdles  
4 x 200m  
Distance Medley (1200, 400, 800, 1600)  
4 x 400m

### **Field Events- Finals**

Shot Put  
Long Jump  
High Jump  
Triple Jump  
Pole Vault  
Discus

**Entry limits:** A maximum of **3 entries per individual event, per team.**

A maximum of **1 entry per relay/medley event, per team.**

**Participation:** An athlete may participate in a **maximum** of 4 events.

**Timing:** All Running events will have automatic timing.

**Flights:** Flights will be run as finals based on entry times. Flights and lanes will be assigned.

**Running Events:** Runners must stay in lanes after baton pass and for all races run in lanes. Disqualification will result from thrown batons or lane violations.

**Clerk of Course:** Will be located at the west end of the stands on the south side of the stadium. Athletes will be escorted to the starting area.

**Field Events:** **3 attempts** in LJ/TJ/Shot/Discus. The 'One Minute' rule will be enforced.

**Warm-Up Area:** Warm-up area is located north of the stadium **on the turf field across the bridge.**

**Training Facility:** The training tent will be on the southwest side of the straightaway. Athletic Trainers will attend to your needs. Please provide your own taping materials.

**Awards:** **Top 9** participants in **individual** events receive medals.

**Top 3** in **relay/medley** events will receive medals.

**Top 3 teams will receive awards.**

**Scoring:** Scoring will take place for the top 9 performances.

**Scoring will be 10-8-7-6-5-4-3-2-1.**

**Results:** Will be posted upon the walls below the stadium press box.

### **\*\*\*Additional Information\*\*\***

**Athletes Entry:** Show or wear uniform- Southwest Gate.

**Spike Check:** Spikes will be checked upon entry. Participants must have ¼" or smaller Pyramid spikes. They will be available to purchase at \$3 per set. No competitors will be allowed to compete if the wrong size spikes are worn.

- Contestants:** Please stay in the stands when not in competition. Participants who are not competing should stay away from the railings and avoid disrupting competition. Participants who interrupt competition may face disqualification.
- Dressing Rooms:** No locker rooms are available. Teams are asked to come dressed to compete.
- Equipment:** Teams will furnish their own batons, poles, and field implements (shot puts, discus).
- Radios:** Radios are prohibited on the field at all times. Please bring devices that allow the use of personal earphones.
- Team Tents:** Team tents may be set-up at the top of the stadium where they will not obstruct spectator viewing. **NO tents are allowed on the turf infield OR near throwing events.**
- Snack Bar:** The snack bar will be open.
- Rain Date:** The meet will be held rain or shine. There will be no refund of entry fees.
- Stadium Opens:** Gates open at 7 a.m.  
Events will begin at 8:00 a.m.
- Facilities:** There will be one (1) pole vault pit, two (2) high jump pits, two (2) shot put rings, two (2) discus rings, two (2) long/triple jump pits, and a nine (9) lane all-weather track.

**NO GUM OR FOOD ARE ALLOWED ON THE INFIELD OR TRACK.**

## **Order of Field Events**

|         |                     |                   |                        |                     |
|---------|---------------------|-------------------|------------------------|---------------------|
| 8:30 am | Women's Shot Put    | (Men to Follow)   |                        | West Ring           |
| 8:30 am | Men's Discus        | (Women to Follow) |                        | Infield Ring        |
| 8:30 am | Women's PV          | Starting Height:  | Women 7'0"<br>Men 9'6" | South Field         |
| 8:30 am | Women's High Jump   | Starting Height:  | 3'10"                  | Infield Area- South |
| 8:30 am | Men's High Jump     | Starting Height:  | 4'10"                  | Infield Area- North |
| 8:30 am | Women's Long Jump   |                   |                        | South Field         |
| 8:30 am | Men's Long Jump     |                   |                        | South Field         |
| 1:15 pm | Women's Triple Jump |                   |                        | South Field         |
| 1:15 pm | Men's Triple Jump   |                   |                        | South Field         |

**Note:**

- A one-minute rule exists and will be enforced for all field events. It is the athlete's responsibility to report to all events at the proper times in order to compete. Encourage athletes to make officials aware if they are competing in several events during the same period of time.
- The HJ & PV bar will not be lowered once they are at a new height. It is critical your athletes are aware of this prior to missing an attempt or entry height.

## **Order of Running Events- Timed Finals**

|          |   |
|----------|---|
| 9:00 am  | 4 x 1600m- Women                                    |
| 9:30 am  | 4 x 1600m- Men                                      |
| 10:00 am | Sprint Medley -Women (100, 100, 200, 400)           |
| 10:15 am | Sprint Medley- Men (200, 200, 400, 800)             |
| 10:30 am | 4 x 100m- Women                                     |
| 10:45 am | 4 x 100m- Men                                       |
| 11:00 am | 4 x 800m- Women                                     |
| 11:35 am | 4 x 800m- Men                                       |
| 12:00 pm | 100m Hurdles Women                                  |
| 12:15 pm | 110m Hurdles Men                                    |
| 12:30 pm | 100m- Women   |
| 1:00 pm  | 100m- Men   |
| 1:25 pm  | 300m Hurdles- Women                                 |
| 2:00 pm  | 300m Hurdles- Men                                   |
| 2:30 pm  | 4 x 200m- Women                                     |
| 2:45 pm  | 4 x 200m- Men                                       |
| 3:00 pm  | Distance Medley (DMR)- Women (1200, 400, 800, 1600) |
| 3:20 pm  | Distance Medley (DMR)- Men (1200, 400, 800, 1600)   |
| 3:35 pm  | 4 x 400m- Women                                     |
| 3:50 pm  | 4 x 400m- Men                                       |

**Note:**

- This is a "running" schedule. If events conclude ahead of schedule, the next event will proceed immediately.