

Dear Coaches,

Thank you for attending this year's Junipero Serra Top 7 Invitational. A couple of specific notes about the meet:

- THERE ARE NO MEET DAY ENTRIES, INCLUDING SUBSTITUTIONS. PLEASE BE RESPECTFUL OF THIS AS IT IS TOO TIME CONSUMING FOR MEET MANAGEMENT TO ADD ATHLETES THE DAY OF THE MEET.
- ALL ATHLETES IN RUNNING EVENTS MUST BE CHECKED IN AT THE CLERK OF THE COURSE NO LATER THAN 40 MINUTES PRIOR TO THE START OF THEIR EVENT. HAVE YOUR ATHLETES CHECK IN WELL IN ADVANCE!!!
IF AN ATHLETE HAS ALREADY CHECKED INTO AN EVENT, BUT PLANS ON SCRATCHING, PLEASE LET THE CLERK OF THE COURSE KNOW.
- ALL ATHLETES MUST REPORT TO THE CLERK OF THE COURSE NO LATER THAN 15 MINUTES PRIOR TO THE START OF THEIR RACE. ANNOUNCEMENTS WILL BE MADE AT THE CLERK'S STATION, HAVE ATHLETES LISTEN AS THEIR EVENT APPROACHES. ATHLETES WILL THEN BE ESCORTED TO THE START OF THEIR RACE AFTER HIP #'S ARE ISSUED.
- ALL WARM-UPS MUST TAKE PLACE OFF THE TRACK AND FOOTBALL FIELD, ON THE BASEBALL OUTFIELD AND BLACKTOP OUTSIDE THE STADIUM ONLY. THIS INCLUDES HURDLE WARM UPS. HURDLES HAVE BEEN PROVIDED ON THE WARM UP FIELD. ***PLEASE HAVE YOUR ATHLETES STAY OFF THE BASEBALL INFIELD AND OUT OF THE BASEBALL DUGOUTS.***
- COMPETITORS IN THE LONG JUMP, TRIPLE JUMP, SHOT PUT AND DISCUS WILL COMPETE IN FLIGHTS FROM BEST TO WORST AND WILL RECEIVE 4 ATTEMPTS WITH NO FINALS.
- IMPLEMENT WEIGH-INS WILL TAKE PLACE FROM 8:00 A.M. UNTIL 8:45 A.M. INSIDE THE TRACK STORAGE BUILDING AT THE FAR END OF THE EAST SIDE STRAIGHTAWAY. WEIGH-INS WILL AGAIN TAKE PLACE FROM 12:30 TO 1:15 FOR LATER FIELD EVENTS, IF NEEDED.
- ALL TEAM TENTS SHOULD BE SET UP IN THE ALUMINUM BLEACHERS ON THE WEST SIDE OF THE STADIUM (NON-PRESS BOX) OR ALONG THE BASEBALL OUTFIELD FENCE. ***PLEASE***, NO CAMPING TENTS ON THE BASEBALL OUTFIELD.
- UNIFORM RULES WILL BE ENFORCED FOR ALL EVENTS, INCLUDING FIELD EVENTS
- NO SPIKES LONGER THAN ¼"
- PLEASE, NO SUNFLOWER SEEDS, GUM OR FOOD ON THE FIELD
- PLEASE HELP US BY MAKING SURE YOUR AREAS ARE CLEAN WHEN YOU LEAVE THE MEET

- AWARDS WILL BE GIVEN TO THE TOP 6 FINISHERS IN EACH RELAY EVENT AND THE TOP 6 IN EACH INDIVIDUAL EVENT. ATHLETES OR COACHES MAY PICK UP THE MEDALS AT THE AWARDS TENT AFTER RESULTS HAVE BEEN POSTED.
- LIVE RESULTS CAN BE FOUND ON www.serrahstrack.com
- RESULTS WILL BE POSTED DURING THE MEET AND WILL BE AVAILABLE AFTER THE MEET ONLINE (www.serrahs.com, www.lynbrooksports.com, www.crosscountryexpress.com, www.prepcaltrack.com, www.athletic.net).
- THE FOLLOWING MINIMUM MARKS/OPENING HEIGHTS WILL BE ENFORCED TO KEEP EVENTS ON TIME BECAUSE OF THE NUMBER OF ATHLETES IN EACH EVENT.

<u>EVENT</u>	<u>MARK</u>	<u>EVENT</u>	<u>MARK</u>
VB SP	35'	VB HJ	4' 10", 5' 2", 5' 6"
VB DT	90'	FSB HJ	4' 6", 4' 10", 5' 2"
FSB DT	70'	VG HJ	3' 10", 4' 2", 4' 6"
VB LJ	17'	JVG HJ	3' 6", 3' 10", 4' 2"
FSB LJ	15' 6"	VB PV	8', 9', 10', 11'
VG LJ	14' 6"	FSB PV	7', 8', 9'
JVG LJ	12'	VG PV	6', 7'
VB TJ	35'	JVG PV	5', 6'
FSB TJ	33'		

***For the SP, DT, LJ and TJ, all athletes will receive at least one measured mark regardless of the minimum

***For the vertical jumps, the starting height and progression is listed. Following the height listed in high jump, the bar will climb in 2" increments; for pole vault, 6" increments.