



JUNIPERO SERRA HIGH SCHOOL
TRACK AND FIELD

Junipero Serra Top 7 Invitational
March 23, 2019

Junipero Serra High School will host the 32nd annual Serra Top 7 Invitational track meet on Saturday, March 23, 2019. We have to adjust our date from our traditional weekend in April because of the adjusted CIF calendar. There will be Varsity and Frosh-Soph divisions for boys and Varsity and Junior Varsity divisions for girls (Girls must be in grades 9-11).

We will have divisions split during the day to minimize the time athletes are at the meet and create a much crisper, competitive environment for the divisions.

A few policies for athletes and coaches:

1. All athletes in running events must check in with the clerk of the course on the baseball field 40 minutes prior to the start of their event so that scratches may be made and heats condensed. Athletes not checked in will be scratched from their event. Athletes must report back 15 minutes prior to the start of their event for heat and lane assignments and hip numbers.
2. All field event athletes are asked to check in no later than 15 minutes prior to the start of their event so flights may be established. Athletes not checked in will be scratched from their event. Each *VARSITY* athlete will receive 3 attempts in the shot put, discus, long jump and triple jump with the top 7 athletes qualifying for finals and 3 more attempts. Each *Frosh-Soph/JV* athlete will receive 4 attempts in the shot, discus, long jump and triple jump with no finals.
3. All running events will be final.
4. All warm ups should take place on the baseball outfield grass, not inside the track stadium. **All athletes are asked to stay off the baseball infield and out of the dugouts.**
5. All team tents should be set up in the aluminum bleachers on the west side of the stadium or in designated areas on the baseball outfield grass.
6. 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 12:00 to 1:00 for later field events.
7. No food of any kind is allowed on the infield. This especially includes sunflower seeds
8. If you will be traveling by school or charter bus, please contact Coach Marheineke prior to the meet for parking and drop off instructions.
9. The meet will be held, rain or shine!

Timing will be done by a FinishLynx fully automated system. Results will be posted during the meet and also available after the meet on the internet (www.serrahstrack.com, www.serrahs.com, www.prepcaltrack.com, www.lynbrooksports.com, www.crosscountryexpress.com, www.athletic.net). Medals will be awarded to the top *six* finishers in each individual event and top *three* teams in relay events for each division. Awards will also be given for the winning teams in each division.

ALL ENTRIES MUST BE COMPLETED ON www.Athletic.net . You will need to have a free account set up with ATHLETIC.NET prior to entering athletes. Any questions should be directed to ATHLETIC.NET or Coach Marheineke. ***Because this is an invitational, any teams that have not been regular attendees to previous Top 7 meets must contact Coach Marheineke prior to March 11 in order to be allowed to add athletes on www.Athletic.net.*** All entries MUST BE ENTERED BY Tuesday, March 19. **LEGITIMATE MARKS ACHIEVED IN 2018 or 2019 WILL BE ACCEPTED ONLY (FAT TIMES ONLY IN SPRINT EVENTS).** In keeping with the spirit and tradition of the Top 7, we encourage you to enter athletes of all ability levels. With that in mind, however, we ask that you are respectful of the need to keep heats and flights to appropriate amounts. Contact Coach Marheineke if you have any concerns about the entry limits. **IN PREVIOUS YEARS, COACHES DISREGARDED THIS REQUEST, CAUSING THE MEET TO RUN LATE BECAUSE OF THE SIZES IN VARIOUS EVENTS.**

ENTRY LIMITS: 4-5 athletes per school, per division, per event

Exceptions:

(1 additional entry per division, per event if all athletes exceed minimum listed):

Event	Number of Entries	Varsity Boys (Minimum for add. Entry)	Frosh/Soph Boys (Minimum for add. Entry)	Varsity Girls (Minimum for add. Entry)	JV Girls (Minimum for add. Entry)
Pole Vault	4	13-6	11-6	11-0	8-6
Long Jump	3	20-0	18-0	16-6	15-0
Triple Jump	4	42-0	38-0	32-6	30-0

No meet day entries will be accepted, INCLUDING SUBSTITUTIONS. All entry fees must be paid on or before the day of the meet. Entry fees are based on the number of entries made and will be published a few days prior to the meet – this is the amount schools are responsible for. *No refunds will be given for no-shows.*

The entry fee is \$7.00 per athlete per event and \$12.00 per relay team. The maximum fee is \$350.00 per school. Please make all checks payable to JUNIPERO SERRA HIGH SCHOOL.

Heat sheets and an updated time schedule will be posted on our team webpage, www.serrahstrack.com and school athletics website, www.serrahs.com, (click on Athletics), by Friday, March 22. They should also be available on www.lynbrooksports.com and www.crosscountryexpress.com as well as emailed to registered coaches.

A snack bar will be open during the meet. T-shirts and programs will also be sold. Admission will be charged at the entrance gate for spectators.

In the event that field event sizes become large, reasonable minimum marks and opening heights based on entry marks will be established in the interest of time.

Thank you and we look forward to seeing you on March 23!

Jim Marheineke, Head Track and Field Coach
 Junipero Serra High School
 451 West 20th Ave.
 San Mateo, CA 94403
 Phone: (650) 345-8207 x527
 Fax: (650) 345-2407
 e-mail: jmarheineke@serrahs.com

Junipero Serra Top 7 Invitational

March 23, 2019

Approximate Time Schedule

RUNNING EVENTS

9:00	Girls Varsity 400m Relay Boys Varsity 400m Relay	1:45	Girls JV 400m Relay Boys FS 400m Relay
9:15	Girls Varsity 1600m Boys Varsity 1600m	2:00	Girls JV 1600m Boys FS 1600m
9:45	Girls Varsity 100m Hurdles Boys Varsity 110m HH	2:30	Girls JV 100m Hurdles Boys FS 65m HH
10:05	Girls Varsity 400m Boys Varsity 400m	2:50	Girls JV 400m Boys FS 400m
10:35	Girls Varsity 100m Boys Varsity 100m	3:20	Girls JV 100m Boys FS 100m
11:00	Girls Varsity 800m Boys Varsity 800m	3:45	Girls JV 800m Boys FS 800m
11:25	Girls Varsity 300m Hurdles Boys Varsity 300m Hurdles	4:10	Girls JV 300m Hurdles Boys FS 300m Hurdles
11:55	Girls Varsity 200m Boys Varsity 200m	4:40	Girls JV 200m Boys FS 200m
12:35	Girls Varsity 3200m Boys Varsity 3200m	5:20	Girls JV 3200m Boys FS 3200m
1:25	Girls Varsity 1600m Relay Boys Varsity 1600m Relay	6:00	Girls JV 1600m Relay Boys FS 1600m Relay

FIELD EVENTS

9:00 AM

Boys Varsity Shot Put
Girls Varsity Discus
Girls Varsity Pole Vault
Girls Varsity High Jump
Boys Varsity Long Jump
Girls Varsity Triple Jump

11:00 AM

Girls Varsity Shot Put
Boys Varsity Discus
Boys Varsity Pole Vault
Boys Varsity High Jump
Girls Varsity Long Jump
Boys Varsity Triple Jump

1:30 PM

Boys FS Shot Put
Girls JV Discus
Girls JV Pole Vault
Girls JV High Jump
Boys FS Long Jump
Girls JV Triple Jump

3:30 PM

Girls JV Shot Put
Boys F/S Discus
Boys F/S Pole Vault
Boys F/S High Jump
Girls JV Long Jump
Boys F/S Triple Jump