



Capital High School Jaguar Invitational Track Meet
(BOYS & GIRLS)

Dear Coach:

We are pleased that your teams plan to participate in the Capital High School Track & Field Meet scheduled for April 8th, 2017. The meet will include both boys and girls divisions to be held at Capital High School.

Enclosed you will find information concerning the meet and time schedule for events.

Entries are due through Athletic.net no later than Thursday, April 6th, 2017 by 7:00 pm. No late entries will be accepted. Please remember that entries are final – you may only scratch athletes – **NO CHANGES/ADDS.**

Fee: \$100 covers both boys and girls teams.

We will be having a non-scoring weight man's relay and a fun coaches relay (report to the starting line if you will have a team participate)

*NOTE: Please remind your teams to use the outside restroom facilities. The gym is closed.

If there are any questions concerning the meet, please feel free to e-mail us at tnrvigi@aol.com or call us at 930-2170 (Coach Rita) or 930-1047 (Coach Tim). We are looking forward to seeing you on April 8th, 2017.

Sincerely,

Rita & Tim Vigil

Teams Attending:

Santa Fe High	Cottonwood Classical	Espanola	Desert Academy
ATC	El Dorado	St. Michaels	Pecos
Santa Fe Indian	Santa Fe Prep	Taos	Waldorf

Capital High School Jaguar Invitational Track & Field Meet

RUNNING EVENTS: ALL RUNNING EVENTS WILL BE METRIC DISTANCES.

INDIVIDUAL EVENTS: Entry limit: Three (3) entries per school in individual events.

The 100 meter, 200 meter, 400 meter, 100 meter hurdles (girls), 110 meter hurdles (boys), 200 meter and 300 meter intermediate hurdles will have heats seeded according to time submitted and run as finals slowest to fastest. The 800, 1600, and 3200 meter runs will be finals only.

Heat seeding will be used for all timed finals (fastest times in the last heat). Timed finals will be for the following events: 800 meter run, 1600 meter run, and 3200-meter run.

RELAYS: 400 Meter, 800 Meter, 1600 Meter, and 1600-meter medley. One relay team per school in relay events. Heats seeded according to times. Last heat will be the fast heat. Places based on times of all heats.

**All relay and runway markings must be done with tennis balls or non-sticky items
NO TAPE allowed on the track, as our track has recently been resurfaced.**

FULLY AUTOMATIC TIMING: This will be a FAT event.

FIELD EVENTS: Shot Put, discus, javelin, long jump, triple jump, high jump, and pole vault
Starting height in pole vault –Boys- 8'. Girls- 6' (all qualifying heights will be contested)
Starting height in high jump (boys) 5'; (girls) 4'.
Adjustments will be made before the meet if needed.
Each contestant will be given 4 attempts.
The best distances of the 4 attempts will determine the final position/place.
Note: Minimums in throws and jumps will be set as follows:
* shot: 20,30
*discus 60, 70
*javelin 60,90

TRACK SURFACE/RUNWAYS: All-weather track surface, runways for pole vaults and long jump, and high jump takeoff.
Flats, 1/4" or pin spikes required. (No long spikes, please). Concrete discus and shot-put rings, grass javelin surface.

TIME SCHEDULE OF EVENTS: Attached.

COACHES:

1. Please note that warm up periods have been provided before each field event. Please inform your participants that no warm ups will be allowed after the start of competition in the event.
2. Starting blocks will be provided for all competitors, but teams may provide their own if they prefer.
3. Scoring: Individual Events: 754321
Relays: 1086421

PROTEST: In case of a mechanical or rule question, a **WRITTEN PROTEST** must be given to the Meet Official to be acted on. In the case of a judgment call no protest will be allowed. **Only Head Coaches' may file a protest.**

AWARDS: Overall teams: 1, 2, 3 place plaques
Relays: 1st place medals
Individual: 1, 2, 3 place medals,
4, 5 & 6 place ribbons
The awards will be packaged and distributed at end of meet.

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TIME SCHEDULE

7:30am **Coaches meeting: Coaches may make scratches & pick up the Field Event Flight Info in the Auxiliary Gym Wrestling Room. All scratches need to be made at this time to expedite the meet. (Field Events may scratch at the site)**

8:00 AM **WeighIn of Shot Put and Discus – Track shed at the bottom of the school steps
Scratch at the site for field events – NO ADDS**

FIELD EVENTS:

9:00 Girls: Pole Vault - **Starting height @ 6'** followed by Boys Pole Vault – **Starting height 8'**
9:00 Boys Triple Jump (west) & Girls Long Jump (east) – followed by Girls Triple Jump (west) & Boys Long Jump (east)
9:00 Girls Discus & Boys Shot – followed by Boys Discus & Girls Shot
9:00 Boys High Jump – **Starting height @ 5'** followed by Girls High Jump – **Starting height @ 4'**
Boys Javelin followed by Girls Javelin (after discus is completed) – Announcement will be made

RUNNING EVENTS: Rolling Schedule

10:00 Girls 3200 Meter Run
Boys 3200 Meter Run
Girls 4X100 Meter Relay
Boys 4X100 Meter Relay
Girls 100 Meter Hurdles
Boys 110 Meter Hurdles
Girls 1600 Meter Run
Boys 1600 Meter Run
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls 4X200 Meter Relay
Boys 4X200 Meter Relay

Girls 400 Meter Dash

Boys 400 Meter Dash

Girls 800 Meter Dash

Boys 800 Meter Dash

15 Minute Break (We will be honoring our seniors during this time)

Girls 300 Meter Hurdles

Boys 300 Meter Hurdles

Girls 1600 Meter Medley Relay

Boys 1600 Meter Medley Relay

Girls 200 Meter Dash

Boys 200 Meter Dash

Girls 4X400 Meter Relay

Boys 4X400 Meter Relay

Weight man's Relay

Coaches Relay

Team Awards