

COACHES,

THE 2017 CAPITAL CITY INVITATIONAL WILL BE HELD AT SANTA FE HIGH SCHOOL ON APRIL 15TH. ENTRIES WILL BE DONE ON ATHLETIC.NET AND ARE DUE NO LATER THAN NOON ON THE 13TH OF APRIL. **NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE. NO ENTRIES WILL BE TAKEN BY EMAIL, PHONE OR FAX. ENTRIES NOT ENTERED IN ATHLETIC.NET WILL NOT BE ACCEPTED. IF YOU HAVE TROUBLE OR NEED HELP WITH ATHLETIC.NET, PLEASE CONTACT ME.**

IF YOU HAVE QUESTIONS CALL OR EMAIL ME AT - SCHOOL – 467-2915 CELL – 670-2484

Email – petergraham@sfps.k12.nm.us

ENTRIES: <u>ALL</u> EVENTS	4
RELAYS	1

\$125.00 ENTRY FEE PER TEAM UNLESS WE ATTEND YOUR MEET WITHOUT PAYING YOUR FEE OR IF YOU WORK AN EVENT WE WILL WAIVE THE FEE. IF YOU WOULD LIKE TO SIGN UP FOR AN EVENT, LET ME KNOW.

SCRATCHES WILL BE ALLOWED BUT NO ADDS ALLOWED ON MEET DAY. THE NUMBER OF INDIVIDUALS IN EACH HEAT WILL BE SET AND YOU **WILL NOT** BE ABLE TO ADD ANY NEW INDIVIDUALS ON THE 16TH. **AGAIN – JOE CAN RUN FOR RAYBOB BUT WE WILL NOT CHANGE NAMES. WRITE IN ENTRIES WILL NOT COMPETE.**

RESULTS:

WILL BE MADE AVAILABLE TO COACHES AND TEAM MANAGERS **AFTER THEY HAVE BEEN SCORED.** PLEASE DO NOT BOTHER THE SCORE KEEPERS AND TIMERS FOR RESULTS AND TIMES UNTIL THEY ARE OFFICIAL.

BUSSES:

CAN BE PARKED IN THE STUDENT LOT LOWER LEVEL OR IN THE VISITORS PARKING ABOVE AND EAST OF THE FOOTBALL STADIUM.

TEAM CAMPS:

NO TEAM CAMPS ON THE INFIELD. ALL TEAM CAMPS WILL BE LOCATED IN IVAN HEAD STADIUM NORTH OF THE TRACK. ONLY ATHLETES THAT ARE COMPETING AND WARMING UP WILL BE ALLOWED ON THE INFIELD. IT IS IMPORTANT THAT WE DO THIS AS WE HAVE ABOUT 16 TEAMS COMING – PLEASE DO NOT CAMP ON THE INFIELD

PARENTS & FANS:

PLEASE INFORM YOUR FANS THAT **WE WILL BE CHARGING ADMISSION. \$5.00 ADULTS/ \$3.00 STUDENTS & SENIORS**

PLEASE INFORM PARENTS AND YOUR FANS THAT NO SPECTATORS WILL BE ALLOWED ON THE INFIELD. ALL SPECTATORS SHOULD BE IN THE BLEACHERS OR OUTSIDE OF THE FENCE EAST OF THE TRACK.

RE: VIDEO TAPE REVIEW

REVIEW OF VIDEO FOR EVENTS HELD WITHIN THE FENCED AREA CONTAINING THE TRACK AND TURF MUST BE CONDUCTED OUTSIDE OF THE FENCE IN THE BLEACHER AREA. FOR THROWING EVENTS, THE REVIEW MUST BE HELD OUTSIDE OF THE FENCED AREA (JAV AND DISC) AND FOR THE SHOT PUT, IT MUST TAKE PLACE ON THE PAVEMENT WALKWAY.

IF YOU ARE NOT ATTENDING THE MEET THIS YEAR PLEASE LET US KNOW ASAP AS WE HAVE TEAMS WANTING TO GET IN.

CAPITAL CITY INVITE T-SHIRTS WILL ALSO BE ON SALE FOR \$10.00

CAPITAL CITY INVITATIONAL TRACK MEET
(APRIL 16, 2016)

SCRATCH MEETING: 7:30 – 8:15 am in **TOBY ROYBAL GYMNASIUM**

MEETING FOR ALL HEAD COACHES AT 8:15 IN THE GYM

EQUIPMENT WEIGH IN: 8:00 – 8:30 am In the gym

SCORING : INDIVIDUAL 7-5-4-3-2-1 RELAYS 10-8-6-4-2-1

RUNNING EVENTS : No Prelims - All events finals - **GIRLS THEN BOYS**

ALL RUNNING EVENTS WILL BE GIRLS FIRST THEN BOYS AND SLOW TO FAST HEATS

9:15 am 3200 m RUN GIRLS (NAOMI BOONE MEMORIAL) THEN BOYS

4 X 100 RELAY - CHARLIE "COCOA" MAXWELL MEMORIAL (BOYS)

100 HURDLES – SERENA HOUSER MEMORIAL

110m HURDLES

100 m DASH

1600 RUN - MARGIE WURST MEMORIAL

4 X 200 RELAY

400 m DASH

300 m HURDLES

800 m RUN

1600 MEDLEY

200 m DASH

4 X 400 RELAY

WEIGHT MAN/WOMEN RELAY

COACHES' RELAY

AWARDS : Teams 1st and 2nd

Individual Ribbons 1 - 3

ALL TEAMS : 1/4" SPIKES ARE REQUIRED Longer spikes will damage the track

4 entries per event 1 relay team per relay.

FIELD EVENT SCHEDULE

FIELD EVENTS: EACH CONTESTANT WILL BE ALLOWED 3 THROWS OR JUMPS (LJ & TJ). TOP 7 WILL MOVE TO FINALS WHERE THEY WILL RECEIVE THREE MORE ATTEMPTS.

SCRATCH LINES – WILL BE USED, BUT FIRST ATTEMPTS WILL BE MEASURED SO ALL ATHLETES GET A MARK.

NO COURTESY MEASUREMENTS AFTER FIRST ATTEMPT.

8:30 – GIRLS POLE VAULT/ BOYS AS SOON AS GIRLS ARE DONE

9:00 - GIRLS DISCUS – BOYS AS SOON AS GIRLS ARE DONE (GIRLS 60' BOYS 80')

BOYS HIGH JUMP (STARTING 5' 0") / GIRLS – SUSAN LANPHERE MEMORIAL (4' 2") WILL FOLLOW

BOYS SHOT PUT (30' SCRATCH LINE)

GIRLS LONG JUMP (JUMPING ENDS AT 10:30) (12' SCRATCH LINE)

BOYS TRIPLE JUMP (32' SCRATCH LINE)

10:45 – GIRLS SHOT (20' SCRATCH LINE)

GIRLS JAVELIN (LEFT FIELD OF BASEBALL FIELD) BOYS AS SOON AS GIRLS ARE DONE

(GIRLS 70' BOYS 90' SCRATCH LINES)

GIRLS TRIPLE JUMP (25' SCRATCH LINE)

BOYS LONG JUMP (16' SCRATCH LINE)

TEAMS EXPECTED

ATC

BERNALILLO

CAPITAL

COTTONWOOD CLASSICAL PREP

EAST MOUNTAIN

ESPANOLA

LAGUNA ACOMA

PECOS

POJOAQUE

SANTA FE HIGH SCHOOL

SANTA FE INDIAN SCHOOL

SANTA FE PREP

SILVER CITY

ST. MIKE'S

TAOS

WALDORF