

ADAM BANKS LEGENDS OF SAN FRANCISCO TRACK CHALLENGE

Saturday, March 21, 2009

Rosenberg Stadium at Burton High School – San Francisco

Sponsored by Burton High School

- ELIGIBILITY** Meet entry is open to all high school athletes. Divisions contested include: Boys Varsity, Girls Varsity, Boys Frosh/Soph, Girls Frosh/Soph.
- SPONSORSHIP** In compliance with CIF Regulations, this competition is officially sponsored by Burton High School, a member of the San Francisco Section.
- ENTRIES** Entries will be completed on-line via Direct Athletics. To gain access to submit entries, you should go to www.directathletics.com. You can enter the meet through your Direct Athletics account. If you do not have an account, you can set one up on their web site by selecting “new users” in the upper right corner.
- Entry deadline is Wednesday, March 18, 2009.**
- ENTRY FEE** **Entries pre-paid by 3/18:** \$15 per individual; maximum of \$125 per boys division **or** girls division team; \$300 maximum per school boys **and** girls team.
Mail check to Athletic Office, 555 Portola Dr., Room 250, San Francisco, CA 94131
- Entries paid after 3/18:** \$20 per individual; maximum of \$150 per boys division **or** girls division team; \$350 maximum per school boys **and** girls team.
Bring check or cash to entry table on day of meet.
- Note, any changes to entries made after 3/18 will incur a \$5 fee per change**
- Please make checks payable to: Academic Athletic Association**
- SPECTATOR FEE** Adults: \$5.00; High School Students (with ID): \$3.00; Children: FREE
- AWARDS** Award medals will be given for the top three places in each division. Team awards will include a Championship Plaque for each division. All participants receive a commemorative T-shirt.
- FORMAT** All events will be scored toward team championships in all four divisions: boys varsity, girls varsity, boys frosh/soph, girls frosh/soph.
- Heat sheets will be posted to the CIF SF web page by Friday morning, www.cifsf.org.
- EVENTS** Relays All Divisions: 4x100m, 4x400m, 4x800m, Distance Medley
Open Running All Divisions: 100m H (GV, GFS), 110m H (BV, BFS), 100m, 400m, 1600m, 3200m
- TIME SCHEDULE** **First Race begins at 9:00am.** Heat sheets will be posted Friday, 3/20 on the CIF SF website www.cifsf.org. **Check-in for your event and obtain hip numbers at the clerk of the course on the northwest side of the track.**
- COACH MEETING** Will be held at 8:30am. Teams with any last minute scratches must present them at this time.
- FACILITIES** Rosenberg Stadium on the campus of Burton High School, located at 400 Mansell St. in San Francisco, includes an all weather track (8 lane straights, 6 lane turns) and a field turf field. For all events, please limit your spikes to ¼” or less. Teams should enter the stadium from the west side via the school main level. ALL spectators MUST enter from the west end of campus. Off street parking is available at the west end of the campus.

ATHLETIC TRAINING Athletic trainers from UCSF will be on hand.

RESULTS Complete results will be posted to the CIF SF web site, www.cifsf.org, by Monday, March 23rd

MISCELLANEOUS There will be a hospitality area for coaches & officials.

FOOD A concession stand will be offering food and non-alcoholic beverages for sale.

INFORMATION For further information, please contact:
John Zlatunich, SF Section Athletic Office, 415-920-5185, zlatunichj@sfusd.edu

Field Events Schedule	Running Events Schedule	Running Events Schedule (cont.)
No Field Events will be held at this meet	GFS 3200m BFS 3200m GV 3200m BV 3200m GFS 4x100m BFS 4x100m BV 4x100m GV 4x100m BFS Distance Medley GFS Distance Medley GV Distance Medley BV Distance Medley BFS 110m Hurdles BV 110m Hurdles GFS 100m Hurdles GV 100m Hurdles GFS 4x800m BFS 4x800m GV 4x800m BV 4x800m	BREAK BFS 400m GFS 400m GV 400m BV 400m GFS 100m BFS 100m GV 100m BV 100m GFS 1600m BFS 1600m GV 1600m BV 1600m GFS 4x400m BFS 4x400m GV 4x400m BV 4x400m