



BIG CATS RELAYS



Saturday, March 17, 2012
Kezar Stadium – San Francisco
Sponsored by Burton and Galileo High Schools

- 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 and Galileo High School, members of the CIF San Francisco Section.
- ENTRIES** Athletes may be entered into a maximum of four events total (individual and relays). 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 Tuesday, March 13, 2011.**
- ENTRY FEE** **Entries pre-paid by 3/13:** \$15 per individual; maximum of \$120 per boys division or girls division team; \$350 maximum per school boys and girls team.
Mail check to Athletic Office, 555 Portola Dr., Room 250, San Francisco, CA 94131
- Entries paid after 3/13:** \$20 per individual; maximum of \$150 per boys division or girls division team; \$400 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 3/13 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 under 12: FREE
- AWARDS** Award medals will be given for the top three places in each event in each division. Team awards will include a Championship Plaque for each division.
- FORMAT** All events will be scored toward team championships in all four divisions: Boys Varsity, Girls Varsity, Boys Frosh/Soph, Girls Frosh/Soph.
- EVENTS** Relays Events (All Divisions): 4x100m, 4x200m, 4x400m, 4x800m,
(Open Boys, Open Girls Division): Distance Medley
- Running Events (All Divisions): 100m H (GV,GFS*), 110m H (BV,BFS*), 100m, 400m, 1600m
(Open Boys, Open Girls Division): 3200m
- *Note-The Girls FS 100 meter Hurdles height will be 30”
The Boys FS 110 meter Hurdles height will be 36”**
- Field Events (All Divisions): Long Jump, High Jump, Triple Jump, Discus, Shot Put
(Open Boys, Open Girls Division): Pole Vault
- TIME SCHEDULE** **First Race and Field Events begin at 9:00am.** Heat sheets will be posted Friday, 3/16 on the CIF San Francisco website www.cifsf.org. **Check-in for your event and obtain hip numbers at the clerk of the course in the stands on the southwest side of the track.**
- COACH MEETING** Held at 8:30am. Teams with any last minute scratches, may present them at this time.
- ATHLETIC TRAINING** Athletic trainers from UCSF will be on hand.

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RESULTS

Complete results will be posted to the CIF San Francisco web site, www.cifsf.org, by Monday, March 19th.

FACILITIES

Kezar Stadium, located at 755 Stanyan St. in San Francisco, includes an all weather track (8 lanes), a shot put, high jump, long jump, pole vault areas within the stadium and an adjacent discus area to the west of the stadium. For all events, please limit your spikes to 1/4" or less. Teams should enter the stadium from the west side via Arguello St. ALL spectators MUST enter from the east end of stadium on Frederick St. Off street parking is available at a paid lot on the south side of the basketball pavilion on Stanyan St.

MISCELLANEOUS

There will be a hospitality area for coaches & officials.

FOOD

A concession stand will be offering food and beverages for sale. **Note, no outside food will be allowed into the stadium.**

INFORMATION

For further information, please contact:

John Zlatunich, SF Section Athletic Office, 415-920-5185, zlatunichj@sfusd.edu

Kevin Adams, Galileo High School, 510-776-1061, kevcoach@sbeglobal.net

Duane Breaux, Burton High School, 415-740-7724, tracksf@yahoo.com

Meet Schedule

Running Events

(Rolling Schedule)

(All running events, except the hurdles, will contest Frosh-Soph Divisions first)

9:00am Start Time

Distance Medley (Open G, Open B)

4x100m (GFS, BFS, GV, BV)

100m Hurdles (GFS, GV)

110m Hurdles (BFS, BV)

1600m (GFS, BFS, GV, BV)

400m (GFS, BFS, GV, BV)

BREAK

100m (GFS, BFS, GV, BV)

4x800m (GFS, BFS, GV, BV)

4x200m (GFS, BFS, GV, BV)

3200m (Open G, Open B)

4x400m (GFS, BFS, GV, BV)

Field Events

(TJ, LJ, SP and Discus, each athlete will receive 3 attempts)

9:00am Start Time

GV Long Jump

BFS High Jump

Girls Pole Vault

GV Shot Put

GFS Discus

10:15am Start Time

GFS Long Jump

BV High Jump

Boys Pole Vault

BFS Shot Put

BV Discus

11:30am Start Time

BV Long Jump

GFS High Jump

GFS Shot Put

GV Discus

12:45pm Start Time

BFS Long Jump

GV High Jump

BV Shot Put

BFS Discus

After the Long Jump

GV Triple Jump

GFS Triple Jump

BV Triple Jump

BFS Triple Jump