



2010 Stratford HS Invitational

14455 Fern Drive Houston, Tx. 77079
Principal-Christopher Juntti
District Athletic Director- L.P. Jones
Campus Athletic Director- Elliot Allen
Boys Head Track – Joseph Brillon
Girls Head Track – Jason Reed

Date: March 27th, 2010

Time: Scratch Meeting- 7:00 am – 8:15am Field Events and 3200m - 9:00am

Contestants: Boys and Girls varsity divisions. Teams will be LIMITED to 8 boys and 8 girls teams.

Regulations, Timing System: UIL format. Timing will be FAT.

Site: Stratford High School

Attending: If you plan on attending the meet, please e-mail: joseph.brillon@springbranchisd.com

Entry Procedures: Please fill out the entry sheet and forward to Jason Reed at jason.reed@springbranchisd.com. Entry deadline is March 17th. An e-mail confirmation will be sent to you upon receipt of your entries.

Entry Fees: \$50 per team (\$50 per boys, \$50 per girls). Make checks payable to: Spring Branch ISD. May mail entry: Stratford HS. Attn. Jason Reed 14555 Fern Drive, Houston, Tx. 77079 or bring entry fee to the meet.

General Information:

1. No tape on the track or run ways. Markers will be provided.
2. Athletes may warm-up inside or outside the track only in the designated areas.
3. If more than 24 entries in the 3200m, then the event will be heated with the first heat being the slowest.
4. If more than 16 entries in the 1600m, then the event will be heated with the first heat being the slowest.
5. Results will be posted on: txrunning.com and texastrack.com

Awards:

Awards will be given to the top 3 contestants and plaques to relay and team champion. All running and field event medals will be presented at the awards stand shortly after the completion of the event. Coaches will pick up any unclaimed medals at the conclusion of the meet.

Lunch: Provided for coaches and workers during the break.

Concessions/T-shirts: Concessions will be available for athletes and spectators. Meet t-shirts will be available for purchase.

Directions to Stratford HS:

From Houston

- a. I-10 west to Dairy Ashford exit; turn left (south) onto Dairy Ashford.
- b. Go to third light and turn left into parking lot.

Questions: Contact coach Brillon @ 281-851-6134, joseph.brillon@springbranchisd.com
or
coach Reed @ 832-723-7046, jason.reed@springbranchisd.com

Schedule of Events

7:00am-8:15am - **SCRATCH MEETING**

9:00am **FIELD EVENTS** and **3200m** (boys, girls)

LONG JUMP-Pit 1- Boys Pit 4 - Girls (3 attempts; top 8 advance to finals)

TRIPLE JUMP - Following the conclusion of the boys and girls long jump.

Pit 1- Boys Pit 4 - Girls (3 attempts; top 8 advance to finals)

HIGH JUMP - Girls (opening height 4'6") Boys (opening height 5'6")

POLE VAULT - Girls (open at 7'6"), Boys (open at 10'6")

SHOT - N pit - Boys, S pit- Girls (3 attempts; top 8 advance to finals)

DISCUS -NE ring Boys, SW ring- Girls (3 attempts; top 8 advance to finals)

11:00am **RUNNING PRELIMS** (girls, boys)

4 x 100m Relay

Distance Medley Relay FINAL EVENT(1200m-400m-800m-1600m) -one heat of each

100m HH (girls)

110m HH (boys)

100m

4x200m Relay FINAL EVENT (heats against time)

400m

300 IH

200m

RUNNING FINALS BEGIN 1 ½ HOURS AFTER THE LAST PRELIM EVENT (girls, boys)

4 x 100m Relay

800m (FINAL EVENT) FAST HEAT will be last.

100m HH

110m HH

100m

400m

300 IH

200m

1600m

4 x 400m Relay FINAL EVENT (heats against time)

School: _____ **Indicate: Girls or Boys** _____ **Coach:** _____

Email Address: _____ **Contact Number:** _____ **# of coaches** _____

Print: Last Name, First Name, Best Time/ Mark

<u>3200 Run</u>		<u>Time</u>	<u>100/110 M Hurdles</u>		<u>Time</u>	<u>100 M Dash</u>		<u>Time</u>
1			1			1		
2			2			2		
3			3			3		
<u>300 M Hurdles</u>		<u>Time</u>	<u>1600 M Run</u>		<u>Time</u>	<u>400m</u>		<u>Time</u>
1			1			1		
2			2			2		
3			3			3		
<u>200m</u>								
1.								
2.								
3.								
<u>800m</u>		<u>Time</u>	<u>4 x 100 M Relay</u>		<u>Time</u>	<u>4 x 200 M Relay</u>		<u>Time</u>
1			1			1		
2			2			2		
3			3			3		
			4			4		
<u>4 x 400 M Relay</u>		<u>Time</u>	<u>Distance Medley Relay</u>		<u>Time</u>	<u>Long Jump</u>		<u>Triple Jump</u>
1			1			1		1
2			2			2		2
3			3			3		3
4			4					
<u>High Jump</u>		<u>Shot Put</u>			<u>Discus</u>		<u>Pole Vault</u>	
1		1			1		1	
2		2			2		2	
3		3			3		3	