***ST. IGNATIUS FROSH/SOPH RELAYS***

***Saint Ignatius College Preparatory***

***San Francisco California***

***Saturday, March 4, 2017 - 9:00 AM***

***Team limits:*** *First 10 Boys and 10 Girls Teams*

***Cost****: $200 for each Boy’s team, $200 for each Girl’s teams Or $300 for both boys and girls teams. Athletes are limited to 4 events.*

***Entry:*** *First teams to apply and pay entry fee. Schools only need to state which events they are entering****. (No Times or Names required).***

***Awards****: Medals for the 1st Place team in each event and the first 4 places in the Open Hurdles. We will also be giving each team a medal to be awarded by their coach for an outstanding performance (selected by team coach).*

***Facilities****: Saint Ignatius has all-weather track 6 lane track* ***(¼” spikes******only)****. Lockers Rooms will not be available for changing. There is no charge for entrance to the meet.*

**Track Events**

1. 4 X 1600 Meter Relay

2. 65/100 High Hurdles (Open)

3 4 X 100 Meter Relay

1. 4 X 800 Meter Relay
2. 300 Meter Hurdles (Open)
3. Sprint Medley Relay (100, 100, 200, 400)
4. Distance Medley Relay (1200, 400, 800, 1600)
5. 4 x 400 Meter Relay

**Field Events**

1. Long Jump
2. Pole Vault
3. Discus
4. Shot Put
5. High Jump
6. Triple Jump

***All Relays are 4 Person teams except the Pole Vault and Hurdles***

1. The number of relay teams for each school is listed below.  
   1. Each school may enter up to 2 teams in the following sprints events:

**4 X 100, 4 X 400, Sprint Medley,**

* 1. Each school may enter an unlimited number of relays teams in the distance relays: **Distance Medley, 4 X 800, 4 X 1600**

1. Each school may enter 2 relay teams in all field events
2. The Long Jump for both boys and girls will be an open pit starting at 9:00 AM followed by the Triple Jump.

***NOTE: If you do not enough athletes to field a relay team in any of the field***

***Events you may enter the number of athletes you have, so your athletes***

***will be able to get a mark.***

**Long Jump/ Triple Jump –** Each jumper will get 4 jumps.

**Shot Put/Discus –** Each thrower will get 4 throws.

**Pole Vault – *3 Person Relay Teams***

Each competitor will be given 3 attempts

The bar will start at 7’ for boys and 6’ for the girls.

Bar will go up 1’ intervals until 9’for the boys and 8’ for the girls.

At 6’ and 7’ heights mentioned above the ball will go up at 6 inches intervals. \*The vault official may change the rule.

**The High Jump –** Each jumper will get 3 attempts.

The bar will be start at 4’6” for boys and 4’ for the girls.

The Bar will go up at 3” intervals until 5’ for the boys and 4’ 6” for the girls. Then the bar will go up 1” intervals.

\*The HJ official may change the rule height.

**Hurdles** - Open Event

**If you have questions please contact me at:   
Coach Rob Hickox**

**Email:** [**rhickox@siprep.org**](mailto:rhickox@siprep.org)

**School (415) 731-7500 Ext. 5727, Cell 415 -519-4753**

**Saint Ignatius Frosh/Soph Relays - Entry Form 2017**

**High School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Coaches Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone Number: Cell\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Teams Entered: Both Boys Girls**

***Please mark the events your* 4 X 1600 4 X 1600**

***team will be competing in* 65 Hurdles 100 Hurdles**

***and the number of relay teams.* 4 X 100 4 X 100**

**4 X 800 4 X 800**

**300 Hurdles 300 Hurdles**

**Sprint Medley Sprint Medley**

**Distance Medley Distance Medley**

**4 X 400 4 X 400**

**Long Jump Long Jump**

**Triple Jump Triple Jump**

**Pole Vault Pole Vault**

**High Jump High Jump**

**Shot Put Shot Put**

**Discus Discus**

***PLEASE RETURN THIS FORM AND CHECK TO:***

**Saint Ignatius Athletics**

**Track & Field**

**2001 - 37th Avenue**

**San Francisco, California 94116**