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## LIBERTY HIGH SCHOOL FROSH SOPH INVITATIONAL

- Place: Liberty High School – Patriot Stadium  
925 Jewetta Ave. – Bakersfield, Calif. 93312  
**FAX 661-587-3713**
- Date: Friday, March 27, 2009  
Time: 4:00 p.m.  
Format: Championship Schedule of Events
- Facility: Patriot Stadium has a “SOUTHWEST” All Weather surface on the track and all runways of the jumping areas. Competitors may not use any spikes other than **3/16”** pyramid and will be certified for compliance at the time they check in for their event. **NO** Christmas tree spikes.
- Entry  
Deadline: **Entries must be received by noon, Monday, March 23rd.**
- Fees: Entry fees may be mailed in or brought with you the day of the meet. - \$6.00 per athlete plus \$10.00 per relay team, \$180.00 max. per team. Entry fees must be paid before the start of the meet. Make checks payable to Liberty High School. Checks will be accepted at packet pick-up table the morning of the meet.. Please provide a list of coaches with your entries.
- Scratch/  
Adds: Any adds must be submitted no later than noon on Thursday, March 26, 2009. **FAX 661-587-3713**  
**There will be no adds on the day of the meet.** Scratches must be completed with the “Clerk of Course” located directly below the press box (**before 2:45 a.m. meet day, or faxed in at an earlier time.**)
- Team  
Envelopes: Envelopes may be picked up beginning at 2:30 p.m. at the team gate at the northwest corner of the stadium. Please allow plenty of time for check-in in the event of problems.
- Meet  
Rules: This event will be run under all CIF Central Section Meet Rules. No sound systems or large stereos are allowed. **No ice chests or glass containers are to be brought into the stadium.** Athletes’ bags will be checked. First aid and water will be provided. No dressing facilities available. Appropriate sportsmanship will be expected of all participants.
- Parking: Bus and van parking is available in the designated area of the North parking lot on Patrick Henry Drive. Coaches and athletes must enter through the gate at the northwest corner of the stadium only!
- Admission: Adults \$4.00  
Students with ID \$2.00  
Children 5 & under Free

Entries: Competitors in each event will be seeded based on time/marks submitted. Marks submitted may be verified with meet officials. If meet information is not submitted the time/mark will not be accepted.

#### Athlete

Check-In: Competitors in track events must check in with the “Clerk of the Course” not later than final call. Event times are tentative; it is the athlete’s responsibility to check in as their event is called. Field event competitors will check in at the event site. **There will be a table outside the Clerk of Course where spikes will be checked** Once a competitor has checked in they will be held and escorted to the starting line. All warm-ups must be done outside the stadium in designated areas prior to check in. Athletes are to exit the track immediately upon completion of their event.

Medals: Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places. Awards may be picked up at the conclusion of the meet. There will not be any team scoring.

#### Field

Events: Each athlete will get 3 attempts. The top 9 will advance to a final for 3 additional attempts. Preliminary marks do carry over to the final. The finals immediately follow the prelims. There will not be prelims in the vertical jumps.

#### Starting

Heights: FS Girls High Jump 3’6”  
FS Boys High Jump 4’6”  
FS Girls Pole Vault 5’6”  
FS Boys Pole Vault 6’6”  
Heights will be moved up in 2” increments

Coaches: Coaches must remain outside the fences at the shot put, long jump, and triple jump areas during competition. Additionally, coaches may not be inside the track area for running events, or pole vault and high jump competitions. Failure to comply will result in disqualification of your athlete(s). Coaches must wear appropriate I.D. in order to have access to meet officials.

Trainer: Liberty High will provide a training area for first aid, ice, and water. We ask that each school provide their own supplies over and above that.

Uniforms: All competitors must wear school issued uniforms. No jewelry or tape allowed per CIF rules. All relay teams must wear matching uniforms.

Passes: CIF passes will be honored with proper I.D. Working press will be admitted with I.D. and/or credentials.

Concessions: Food and beverages will be available through the Booster Café.

LIBERTY HIGH SCHOOL  
**FS INVITATIONAL**  
COACHES INFORMATION

- 1 Athletes should report to the “Clerk of the Course” 30 minutes prior to the scheduled event time. All runners will be issued hip numbers and must place them on their **left** hip. Field event competitors will report directly to their event site. All event times are tentative so athletes and coaches must listen for event calls and are responsible for reporting on time.
- 2 Awards will be handed out to the coach at the end of the meet.
3. Coaches and athletes are reminded that the use of video equipment during competition in the field events, if the results of filming are made available during the competition, constitutes an illegal aide and can be grounds for disqualification.
4. The use of profanity during any event by the athlete or their coach may lead to disqualification of the athlete from the meet. Appropriate sportsmanship is expected of all coaches, athletes, and spectators. Violators will be escorted from the meet.
5. Coaches must remain outside the fences at the shot put, long jump, and triple jump areas during competition. Additionally, coaches may not be inside the track area for running events, or pole vault and high jump competitions. Failure to comply will result in disqualification of your athlete(s). Coaches must wear appropriate I.D. in order to have access to meet officials.
6. If a coach must talk to the meet referee they must notify an official and a meeting will be arranged in clerk area under the home side stands.
7. A three person Jury of Appeals will be available and will advise the referee on any decisions in question. The Referee will not be part of the Jury of Appeals. The decision of the Jury of Appeals will be final. Any appeal must cite the specific rule and be written and submitted by the coach to the Meet Referee. Judgment calls cannot be appealed per the rulebook.
8. No tape is be used to mark the runways. Please have relay teams remove any tape from the track after their event.
9. Implement weigh-in will open at 2:30 a.m. and close at 3:30 a.m. If the implement is not certified it will not be allowed in the competition. This will include shot puts, discus and pole vault poles.
10. For the safety of everyone please see that your team members do not bring glass containers into the stadium. No ice chests will be allowed into the stadium. Water and ice will be available to all participants.
11. Coaches and athletes must enter through the gate at the northwest corner of the stadium only!

# FROSH SOPH INVITATIONAL

## FRIDAY, MARCH 27, 2009

### TRACK EVENTS

EVENT #	TIME
1. 400m Relay FSG	4:00
2. 400m Relay FSB	4:10
3. 1600m Run FSG	4:25
4. 1600m Run FSB	4:35
5. 100m Int. Hurdles FSG	4:55
6. 110m Int. Hurdles FSB	5:05
7. 400m Dash FSG	5:20
8. 400m Dash FSB	5:30
9. 100m Dash FSG	5:45
10. 100m Dash FSB	5:55
11. 800m Run FSG	6:10
12. 800m Run FSB	6:20
13. 300m Hurdles FSG	6:40
14. 300m Hurdles FSB	6:50
15. 200m Dash FSG	7:10
16. 200m Dash FSB	7:20
17. 3200m Run FSG	7:35
18. 3200m Run FSB	7:50
19. 1600m Relay FSG	8:10
20. 1600m Relay FSB	8:20

### FIELD EVENTS

EVENT #	TIME
21 FSG Shot Put	4:00
22 FSB Discus	4:00
23 FSG Long Jump	4:00
24 FSB Triple Jump	4:00
25 FSG Pole Vault	4:00
26 FSG High Jump	4:00
27 FSB Shot Put	6:00
28 FSG Discus	6:00
29 FSB Long Jump	6:00
30 FSG Triple Jump	6:00
31 FSB High Jump	6:00
32 FSB Pole Vault	6:00

# INDIVIDUAL ENTRANTS

(DO NOT USE FOR RELAY ENTRIES / USE SEPARATE FORMS)

*SCHOOL* \_\_\_\_\_

ID NUMBER <small>(ofc. Use)</small>	ATHLETE'S NAME <small>(last name, first name)</small>	DIVISION <small>(circle)</small>	Event Number	Event Name	Best Mark	Date/Location
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	<u>SMITH, WILL</u>	(FS Boys)	<u>20</u>	<u>100m Dash</u>	<u>10.87</u>	<u>CALIF. INV</u>
		FS Girls	<u>32</u>	<u>200m Dash</u>	<u>22.61</u>	<u>DEST. INV</u>

EXAMPLE

	<u>GOLD, TARA</u>	FS Boys	<u>19</u>	<u>10m Dash</u>	<u>11.4</u>	<u>DEST. INV.</u>
		(FS Girls)	<u>31</u>	<u>200m Dash</u>	<u>24.6</u>	<u>CALIF. INV.</u>

EXAMPLE

		FS Boys				
		FS Girls				

		FS Boys				
		FS Girls				

\*If additional forms needed please copy.....

**INDIVIDUAL ENTRANTS**  
**(DO NOT USE FOR RELAY ENTRIES / USE SEPARATE FORMS)**

*SCHOOL* \_\_\_\_\_

ID NUMBER (ofc. Use)	ATHLETE'S NAME (last name, first name)	DIVISION (circle)	Event Number	Event Name	Best Mark	Date/Location
_____	_____	FS Boys	_____	_____	_____	_____
		FS Girls	_____	_____	_____	_____
			_____	_____	_____	_____
			_____	_____	_____	_____
_____	_____	FS Boys	_____	_____	_____	_____
		FS Girls	_____	_____	_____	_____
			_____	_____	_____	_____
			_____	_____	_____	_____
_____	_____	FS Boys	_____	_____	_____	_____
		FS Girls	_____	_____	_____	_____
			_____	_____	_____	_____
			_____	_____	_____	_____

\*If additional forms needed please copy.....

# RELAY ENTRIES

SCHOOL \_\_\_\_\_

TEAM ID NUMBER <small>(ofc. Use)</small>	RELAY EVENT	Event Number	NAME <small>(last name, first name)</small>	BEST MARK	DATE/LOCATION
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<u>          </u>	<u>400 m Relay</u>	<u>4</u>	<u>SMITH, WILL</u>	<u>48.82</u>	<u>DESERT INV</u>
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EXAMPLE

FS Girls

JONES, BOBBY

CLARK, JOHN

FISHER, SPENCER

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<u>          </u>	<u>                    </u>	FS Boys	<u>                    </u>	<u>          </u>	<u>                    </u>
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FS Girls

                      
                      
                    

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<u>          </u>	<u>                    </u>	FS Boys	<u>                    </u>	<u>          </u>	<u>                    </u>
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FS Girls

                      
                      
                    

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<u>          </u>	<u>                    </u>	FS Boys	<u>                    </u>	<u>          </u>	<u>                    </u>
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FS Girls

                      
                      
                    

\*If additional forms needed please copy.....

## SCHOOL & COACHING INFORMATION SHEET

Please fill this out completely and return with your entries or email to

[Charlene Janzen@khsd.k12.ca.us](mailto:Charlene_Janzen@khsd.k12.ca.us)

925 Jewetta Ave.

Bakersfield, California

FAX 661 587-3713

Questions.....phone 661-587-0925 ext. 138

SCHOOL NAME: \_\_\_\_\_

Address: \_\_\_\_\_

School Phone # \_\_\_\_\_ School Fax :# \_\_\_\_\_

Once your entries are entered I will print out an event sheet and fax back to you for verification – PLEASE HAVE YOUR COACH CHECK ENTRIES

Coaches: \_\_\_\_\_

ALL THIS INFORMATION IS POSTED ON OUR WEBSITE AS WELL

<http://www.kernhigh.org/liberty>