

Woody Wilson High School Track & Field Invitational Friday, April 18, 2008

Entry process

1. Send an email to Recordtiming@gmail.com. Write “Woody Wilson password request” in the subject line of your email. In your email please include your name, school, email address and phone number. You will receive your EZMeets.com password via the email address you provided.
2. After receiving your password, you may enter your athletes on www.ezmeets.com.
3. A “valid” ezmeets entry will include the athlete’s name, year, FAT time or distance, the meet in which the mark was achieved, and the date on which the mark was achieved.
4. We will accept marks from the 2007 or the 2008 season.
5. Entered marks will be verified by a verification committee. Athletes with time or marks found to be invalid will be disqualified from the meet. Hand times are not valid marks.
6. Please print a copy of your ezmeets entry list after you make your final entries and bring it with you to the meet.
7. The entry deadline is Sunday, April 13th at Midnight.
8. Accepted entries will be posted on www.Recordtiming.com no later than Tuesday, April 15th.

Qualifying

- Our goal is to provide a high quality meet fielding the top 16 athletes entered. We may run additional heats in the 100m, 200m, 300h, 100/110h, shot put, pole vault and high jump.
- Please see the attached entry standards sheet. This sheet lists the final qualifying mark from last year’s meet. While the marks may change from year to year, this can serve as a helpful guideline for coaches.
- A list of ten alternates will also be posted; however, to fill lanes and flights we may go deeper in the alternate list if necessary. Alternates will not be charged an entry fee.

Entry fees

- The entry fee will be \$7.00 per athlete per event entered and \$25.00 per relay team entered. The maximum team fee is \$175.00.
- Make checks payable to “UC Davis Regents.”
- Entry fees are due on the day of the meet, prior to competition.
- The entry fee will be based on the athletes accepted into the meet.
- Alternates will not be charged an entry fee.
- Athletes who are accepted, but do not show up will still be charged an entry fee.

Parking: Two parking passes will be included in each team’s packet. The parking pass is valid in any designated U.C. Davis parking lot, including the parking structure next to the track.

Awards: T-shirts will be awarded to the top 5 finishers in each individual event and the winning relay team in each relay event.

Admission

Trainer: U.C. Davis will provide an athletic trainer for this meet.

Admission: \$7.00 for adults, \$5.00 for students, children under five are free.

Food: A concession stand will be available.

T-shirts: A limited number of shirts will be available. They will sell fast!

Standards

The seeding committee will seed the top 16 athletes in each event; the event standards will not be used to determine acceptance into the meet. The event standards represent the last accepted mark per event from the 2007 meet and should be used by coaches to determine the potential success of his or her athlete.

Boys Events

100m: 11.34
200m: 23.04
400m: 51.52
800m: 2:01.74
1600m: 4:27.70
3200m: 9:58.24
110mHH: 16.05
300m IH: 41.67
4X100m R: 44.07
4X400m R: 3:31.00
Sprint Medley: 1:42.00
4X800m R: 10:16.55
Distance Medley: 11:23.61
4x200m R: 1:37.22
Discus: 138'02"
Shot Put: 46'03"
High Jump: 6'02"
Long Jump: 20'00"
Triple Jump: 42'09"
Pole Vault: 13'00"

Girls Events

100m: 12.81
200m: 26.66
400m: 59.97
800m: 2:25.74
1600m: 5:20.03
3200m: 12:12.26
100m LH: 16.84
300m LH: 48.87
4X100m R: 50.96
4X400m R: 4:15.00
Sprint Medley: 1:59.59
4X800m R: 11:06.04
Distance Medley: 14:20.64
4x200m R: 1:56.74
Discus: 105'09"
Shot Put: 33'00"
High Jump: 5'01"
Long Jump: 14'00"
Triple Jump: 33' 02"
Pole Vault: 10'00"

NOTE - We understand that the 4 x 800, 4x200, sprint medley relay, and distance medley relay are not run often and that estimates may be necessary. Please be as accurate as possible. We have added these events to allow more athletes the opportunity to compete, but it is still our intention of maintaining high standards, a high level of athletes, and competitive events for this meet.

ORDER OF EVENTS FOR THE WOODY WILSON INVITATIONAL 2008

Time	Event	Division
3:00 p.m.	Long Jump	Boys
3:00 p.m.	Sprint Medley Relay	Girls
3:12 p.m.	Sprint Medley Relay	Boys
3:25 p.m.	Distance Medley Relay	Girls
3:45 p.m.	Distance Medley Relay	Boys
4:00 p.m.	Pole Vault	Girls
4:05 p.m.	4x200m Relay	Girls
4:17 p.m.	4x200m Relay	Boys
4:30 p.m.	Shot Put	Girls
4:30 p.m.	Discus	Boys
4:40 p.m.	Long Jump	Girls
4:30 p.m.	4x800m Relay	Girls
4:50 p.m.	4x800m Relay	Boys
5:10 p.m.	4x100m Relay	Girls
5:25 p.m.	4x100m Relay	Boys
5:35 p.m.	High Jump	Boys
5:40 p.m.	1600m	Girls
5:50 p.m.	1600m	Boys
6:00 p.m.	Triple Jump	Boys
6:00 p.m.	100m LH	Girls
6:20 p.m.	110m HH	Boys
6:30 p.m.	Shot Put	Boys
6:30 p.m.	Pole Vault	Boys
6:30 p.m.	Discus	Girls
6:30 p.m.	400m	Girls
6:40 p.m.	400m	Boys
6:50 p.m.	100m	Girls
7:00 p.m.	100m	Boys
7:10 p.m.	Jr. High 800m	Jr. High Girls
7:15 p.m.	Jr. High 800m	Jr. High Boys
7:30 p.m.	High Jump	Girls
7:20 p.m.	800m	Girls
7:32 p.m.	800m	Boys
7:40 p.m.	Triple Jump	Girls
7:45 p.m.	300 LH	Girls
7:55 p.m.	300 IH	Boys
8:05 p.m.	Jr. High 200m	Jr. High Girls
8:15 p.m.	Jr. High 200m	Jr. High Boys

8:25 p.m.	200m	Girls
8:35 p.m.	200m	Boys
8:45 p.m.	3200m	Girls
9:00 p.m.	3200m	Boys
9:15 p.m.	4x400m Relay	Girls
9:30 p.m.	4x400m Relay	Boys