

# Bishop Amat Relays

A DYESTACAL.COM FEATURED MEET

**Date:** SATURDAY, MARCH 12, 2011

**Place:** CITRUS COLLEGE

**Format:** A full complement of sprint relays and distance relays as well as hurdles, distances, and a full schedule of field events. All events will be placed in graded heats to assure that all athletes are afforded every advantage to medal. Finish Lynx timing.

**Awards:**

Individual Events	1st thru 5 <sup>th</sup> = medals PER FLIGHT/ HEAT
Relay Events	1 <sup>st</sup> thru 5 <sup>th</sup> = medals PER HEAT
Field Events	1 <sup>st</sup> thru 5 <sup>th</sup> = medals PER FLIGHT
Team Awards	Very large trophies for 1 <sup>st</sup> -3 <sup>rd</sup> Boys
	Very large trophies for 1 <sup>st</sup> -3 <sup>rd</sup> Girls

**Schedule:** Field events begin at 8:00 am. Racing will begin at 7:30 am

**Cost:** \$225 per team. Co-ed entries pay \$400 per school.  
\$20 per event if no team entry.

**Entries:** **Only 15 teams will be accepted.** Meet entries may be made at EPIsports.com after approval to enter is made by the Meet Director. Accurate entries are appreciated and will be used to grade heats/ flights. No additions will be made ON MEET DAY but substitutions will be accommodated at the Clerk of The Course from 7:00 to 8:00 am on meet day as openings come available.

**ANNOUNCER:** Gary Brooks !

## MEET

**DIRECTOR:** Danny Lodolo

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Steve Foss

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**PLEASE FILL OUT THE ENCLOSED CIF CONTRACT TO RESERVE SPACE**

## **EVENTS**

INDIVIDUAL EVENTS (Begin at 7:30 with 3200m—Ends at 4:00 with 4x100)

100m (GV/GFS/ BV/BFS)  
100m/ 110m Highs (GV/ BV)  
Shot put (all levels)  
Discus (all levels)  
High Jump (all levels)  
Long Jump (all levels)  
Triple Jump (all levels)  
1600m (GV/BV)  
3200m (GV/ BV)

## **RELAYS**

4 x 100 (all levels)  
4 x 200 (all levels)  
4 x 400 (all levels)  
4 x 800 (all levels)  
Sprint Medley (all levels)  
Distance Medley (all levels)

## **FIELD EVENT ORDER**

(Distance jumps will be open pit. Times are TBA for some at this point)

8:30 Women's Shot Put (Men to Follow) West Ring  
8:30 Men's Discus (Woment to Follow) Infield Ring  
8:30 Women's PV Starting Height: 7'-0" (Men to Follow) West Field  
Men's PV Starting Height: 9'-6" (After women's event) West Field  
8:30 Women's LJ\* (Min FS measure =10'/Varsity 12') (men to follow) West Field 8:30  
Men's Long Jump (Min FS measure =12'/ Varsity 14') West Field  
8:30 Women's High Jump Starting Height 3'-10" Infield- West (pit #1)  
8:30 Men's High Jump Starting height 4' -10" Infield- West (pit #2)  
12:30 Women's 3ple Jump (Closes @ 3:30) West Field  
12:30 Men's 3ple Jump (Closes @ 3:30) West Field