

2019 Sturgeon Invitational Meet Day Information

Date: Saturday, March 9, 2019

Location: Granite Bay High School
#1 Grizzly Way
Granite Bay, CA 95746

Admission: Adults.....\$8.00 (prices can vary)
Seniors.....\$5.00
Students (w/SBC).....\$5.00
Children 4yrs & younger...Free

Time Schedule: See attached and will also be included in the coach's packets

Parking: Buses are to park in the front of the school. A volunteer will be there to help direct traffic

Facility: All weather 9 lane track, two jump runways, ¼ inch spikes only. Two discus & shot put rings. Two high jump pits. Lynx Timing.

Packets Pick Up: Packets may be picked up at the ticket booth at 7:00 am. Entries must be paid in order to receive a team packet and enter the stadium. No Exceptions.

Clerk of the Course: All running event competitors must check in with the clerk of the course. Field event athletes check in at your event. Lane numbers and name tags will be for all track athletes and are provided at the Clerk of the course, located under the bleachers by the finish line. Name tags will be provided for all horizontal jumpers.

Coaches Meeting: 8:00 am in the hospitality area.

Infield: Only competing athletes and officials (no spectators) are allowed on the infield. Pole vault coaches will receive a wrist band which you'll find in your coaches packet

Team Tents: Team tents cannot be in front of the press box. All tents need to be high in the stadium for the press box announcer to see. No team tents or individual event tents will be allowed on the infield.

Results: Will be posted on boards adjacent to the bleachers and on belllaptiming.com, athletic.net.

Scoring: All track and field events will be scored through six (6) places, 10-8-6-4-2-1 basis.

Field Events: Field event athletes (long jump, triple jump, shot put, and discus) will receive 4 attempts. Open pit format for the jumps.

Opening Heights: **High Jump:** VB-5'4" VG-4'0" FSB- 4'8" FSG- 3'8"
 Pole Vault: VB-9' VG-7' FSB-8' FSG-5'

Snack Bar: A full snack bar will be open throughout the meet.

T-shirts: On sale in the Vendors area through Fine Design T-Shirts

Awards Table: A coach may come to the press box, at the end of the meet, to pick up any team medals or plaques. Awards will go to the 1st-6th place finishers.