

FRIENDS OF INDOOR TRACK INVITATIONAL

DATE: TUESDAY, DECEMBER 27, 2011

LOCATION: PRINCE GEORGE'S COUNTY SPORTS COMPLEX
8001 Sheriff Road, Landover, MD 20785

ENTRIES: **NOTE THE NEW ENTRY LIMITATIONS BELOW!
EACH SCHOOL MAY ENTER ONE RELAY TEAM IN EACH OF THE THREE RELAYS; AND, YOU WILL BE ABLE TO ENTER A TOTAL OF 20 INDIVIDUAL ENTRIES PER GENDER, WITH NO MORE THAN 4 IN ANY ONE EVENT. WE ARE NOT SETTING SPECIFIC QUALIFYING STANDARDS; BUT, ASK EACH COACH TO SEND LEGITIMATE VARSITY ATHLETES WITH REALISTIC SEED PERFORMANCES.

ENTRY FEE: \$275.00 PER SCHOOL WITH BOTH BOYS AND GIRLS. OTHERWISE, \$150.00 PER TEAM...BOYS AND GIRLS SEPARATE. CHECKS PAYABLE TO: "F.I.T."

ENTRIES DUE: WE ARE CLOSING ENTRIES AT 35 SCHOOLS. ALL ENTRIES WILL BE DONE THIS YEAR VIA THE MILESPLIT NETWORK.

NOTE: YOU MAY ENTER UP TO 20 INDIVIDUAL ENTRIES PER GENDER, BUT NO MORE THAN 4/EVENT. DUE TO THE HOLIDAY NATURE OF THE MEET, WE HAVE MADE THIS CHANGE IN ORDER TO ENSURE HIGH QUALITY PERFORMANCES, AND ALLOW COACHES TO ENTER THOSE KIDS WHO ARE AVAILABLE TO THEM OVER THE HOLIDAY BREAK.

YOU MUST REQUEST TO GET INTO THE MEET AND GET THE PASSWORD IN ORDER TO DO YOUR ENTRIES ONLINE.

MAKE SURE YOU ARE REGISTERED ON THE MILESPLIT NETWORK AND HAVE BEEN ADDED AS A TEAM ADMINISTRATOR FOR YOUR TEAM. IT TAKES A COUPLE OF DAYS TO GO THROUGH, SO DO THIS NOW!!!

ALL ENTRY FEES ARE DUE BY FRIDAY, DEC. 16TH! ENTRIES WILL CLOSE AT 11:59 PM ON THURSDAY, DECEMBER 22nd

AWARDS: NO TEAM SCORING. MEDALS—TOP 3 RELAYS; TOP 6 INDIVIDUAL

JUMPS: THE LONG AND TRIPLE JUMPS WILL EACH BE SEEDED INTO 2 FLIGHTS. EACH FLIGHT WILL HAVE A 90 MINUTE OPEN PIT JUMP TIME AND SEPARATE WARM-UP TIMES. EACH JUMPER WILL GET 4 JUMPS. NO FINALS. ALL LEGAL JUMPS WILL BE MEASURED. WE WILL HAVE TWO PITS OPEN SIMULTANEOUSLY.

RUNNING EVENTS: ALL RACES WILL BE CONDUCTED AS SECTIONS BASED ON SEED TIME. SECTIONS WILL MOVE FROM FAST TO SLOW. PLEASE DO NOT LIE ABOUT SEED TIMES.

MAIL CHECKS & (PAYABLE TO F.I.T.)
C/O MIKE KIERNAN (703 209-3585)
3948 BRADWATER STREET
FAIRFAX, VA 22031

ANY ENTRY QUESTIONS: Michael.Kiernan@fcps.edu
703 209-3585

ENTRY FEE DUE: DECEMBER 16, 2011

ENTRY DUE DATE: DECEMBER 22, 2011

FIELDHOUSE WILL OPEN AT 8:00 A.M....NO EARLIER!

ORDER OF EVENTS: 9:00AM START TIME

GIRLS 4X800M RELAY— 9:00AM
(SECTIONS ON TIME; SLOW TO FAST)

9:00 AM FIELD EVENTS:
LONG JUMP--BOYS AND GIRLS SAME TIME
TRIPLE JUMP--AFTER LONG JUMPS
HIGH JUMP--GIRLS FOLLOWED BY BOYS
SHOT PUT--BOYS FOLLOWED BY GIRLS
***POLE VAULT-- MEN WILL GO FIRST AT 9:45 AM
GIRLS WILL FOLLOW.

BOYS—4x800M RELAY
55 METER HURDLES--GIRLS FOLLOWED BY BOYS-F.A.T.
55 METER DASH--NO FINALS FOR HURDLES AND DASH; TIME ONLY
4x200M RELAY
1600M RUN
500M DASH
1000M RUN
300M DASH
3200M RUN
1600M RELAY

PLEASE BE REALISTIC ABOUT SEED TIMES!
PLEASE MAKE SURE YOUR ATHLETES CHECK IN ON FIRST CALL!

QUESTIONS??...Call Mike Kiernan at 703-209-3585
e-mail: Michael.Kiernan@fcps.edu

SPECIAL INSTRUCTIONS—PLEASE READ CAREFULLY!

NO ONE IN THE INFIELD, EXCEPT COMPETING ATHLETES.

AWARDS WILL BE PRESENTED ASAP AFTER EACH EVENT.

F.A.T. FOR ALL RACES

OPENING HEIGHTS: BOYS HJ=5'6; GIRLS HJ=4'6; POLE VAULT=7'6-GIRLS; 9'6-BOYS

LISTEN CAREFULLY FOR RUN-THRU AVAILABILITY IN PITS.

ADMISSION IS \$5.00.

ALL RUNNERS MUST CHECK IN AT THE BULLPEN AT FIRST CALL. BE PREPARED TO CHECK IN EARLY...SECTIONS MAY BE COMBINED. YOU MUST HAVE YOUR RELAY CARD!!!

PLEASE GIVE A LECTURE TO YOUR ATHLETES ABOUT NOT STEALING, WATCHING THEIR OWN EQUIPMENT, NOT LEAVING ANY TRASH, AND UNIFORM AND JEWELRY RULE.

PLEASE LET US KNOW EARLY IF YOU NEED TO BE MOVED TO A SLOWER SECTION...BECAUSE THE ATHLETE/S YOU BROUGHT CAN'T RUN THE SEED TIME!!

PARKING CRISIS: NO CARS ARE TO ENTER MAIN ENTRANCE TO SPORTS COMPLEX. DRIVE DIRECTLY UP TOWARD FED EX FIELD AND PARK IN RV LOT.

IT IS A 400M WALK TO FIELD HOUSE. PLEASE ALERT PARENTS.

ADMISSION IS \$5.00

PLEASE TELL YOUR PARENTS AND FANS