

Jaguar Invite 2005

January 19, 2005

Dear Coach:

It is my pleasure to invite you to the Seventh Annual Jaguar Track-n-Field Invitational. This year's meet will be held on **Saturday, April 16, 2005**. We will again be having both a morning and an afternoon/evening session. The morning session will begin at 8:00am and finish around 2:00pm, while the afternoon session will begin at 3:00pm and finish around 9:00pm. Each session will accommodate 18 men and women teams. If you are interested in attending this year's meet please fill out the enclosed entry form and mail it back to me ASAP. **I will take the first 36 teams that send in their entry forms and entry fees.**

I have included meet specifics below. If you have any further questions please leave a message on my voice-mail at **(760) 751-5554** **E-mail: athletics.ja@vcpusd.k12.ca.us**

Sincerely,

Mike Cummings – Head Track Coach Valley Center High School

Meet Specifics:

Date: Saturday, April 16, 2005

Place: Jaguar Stadium – Valley Center High School, Valley Center CA

Time: Morning Session: 8:00am-2:00pm
Evening Session: 3:00pm-9:00pm

Divisions: 4 divisions of 9 teams/ 36 women and 36 men teams
2 divisions will compete in the morning
2 divisions will compete in the afternoon/evening

Note: Your entire team will compete in only one session. In other words, you won't have some athletes competing in the morning and others competing at night.

Facility: 9 lane latex all-weather track and runways
Shot and Discus rings are concrete

Events: All CIF events plus a coed weight mens relay

400 relay	100m	3200m	high jump
1600m	800m	1600 relay	pole vault
100/100 HH	300 H	long jump	discus
400m	200m	triple jump	shot put

- Entries: Each team will be allowed:
1 relay team for each relay event
2 athletes in all other races
3 athletes in all field events
- Please bring additional athletes – We will attempt to fill all lane races.
- Trials: Each athlete will be allowed 4 trials in all field events – there will be no finals
- Medals: The top 4 relay teams will medal
The top 4 in all lane races will medal
The top 8 in the 800m and 1600m will medal
The top 12 in the 3200m will medal
The top 9 in all field events will medal
- Cost: \$125 per team/ \$250 for both a men's and women's team
- Entry Fees: Due ASAP. Remember, the first 36 teams to send in their entry form and entry fee will be entered into the meet.
- Admission: \$3.00 for adults and \$2.00 for students and children under 12
- Spikes: 3/16th needle or smaller. Athletes caught competing in longer spikes will be disqualified from all remaining events.
- Food: A full snack bar will be up and running with a taste of country living.
- T-Shirts: Jaguar Invite T-Shirts will be on sale for \$10.00
- Note; All further information will be sent via e-mail. Please remember to put your e-mail On the entry form.

Jaguar Invitational 2005 Morning Session

Time	Event	Division	Heat	Time	Event	Division	Heat
9:00	Girls 4 x 100 Relay	I		12:23	Girls 200m	I	1
9:05	Girls 4 x 100 Relay	II		12:26	Girls 200m	I	2
9:10	Boys 4 x 100 Relay	I		12:29	Girls 200m	II	1
9:15	Boys 4 x 100 Relay	II		12:32	Girls 200m	II	2
9:20	Girls 1600m	I		12:35	Boys 200m	I	1
9:29	Girls 1600m	II		12:38	Boys 200m	I	2
9:38	Boys 1600m	I		12:41	Boys 200m	II	1
9:46	Boys 1600m	II		12:44	Boys 200m	II	2
9:54	Girls 100 IH	I	1	12:50	Girls 3200m	All	
9:57	Girls 100 IH	I	2	1:06	Boys 3200m	All	
10:00	Girls 100 IH	II	1	1:20	Girls 4 x 400 Relay	I	
10:03	Girls 100 IH	II	2	1:26	Girls 4 x 400 Relay	II	
10:09	Boys 110 HH	I	1	1:32	Boys 4 x 400 Relay	I	
10:12	Boys 110 HH	I	2	1:38	Boys 4 x 400 Relay	II	
10:15	Boys 110 HH	II	1	1:46	Coed Weightmans	I	
10:18	Boys 110 HH	II	2	1:50	Coed Weightmans	II	
10:24	Girls 400m	I	1				
10:28	Girls 400m	I	2	Time	Field Events	Division	Site
10:32	Girls 400m	II	1	8:00	Girls Long Jump	I	West
10:36	Girls 400m	II	2	8:00	Boys Long Jump	II	East
10:40	Boys 400m	I	1	8:00	Girls Pole Vault	I	North
10:44	Boys 400m	I	2	8:00	Girls Pole Vault	II	South
10:48	Boys 400m	II	1	9:00	Girls High Jump	I	North
10:52	Boys 400m	II	2	9:00	Girls High Jump	II	South
10:58	Girls 100m	I	1	9:00	Girls Shot Put	I	North
11:01	Girls 100m	I	2	9:00	Boys Shot Put	I	South
11:04	Girls 100m	II	1	9:00	Girls Discus	II	West
11:07	Girls 100m	II	2	9:00	Boys Discus	II	East
11:10	Boys 100m	I	1	9:30	Boys Long Jump	I	East
11:13	Boys 100m	I	2	9:30	Girls Long Jump	II	West
11:17	Boys 100m	II	1	11:00	Girls Triple Jump	I	West
11:20	Boys 100m	II	2	11:00	Boys Triple Jump	II	East
11:26	Girls 800m	I		11:00	Boys Pole Vault	I	North
11:31	Girls 800m	II		11:00	Boys Pole Vault	II	South
11:36	Boys 800m	I		11:00	Girls Shot Put	II	North
11:41	Boys 800m	II		11:00	Boys Shot Put	II	South
11:47	Girls 300 LH	I	1	11:00	Girls Discus	I	West
11:51	Girls 300 LH	I	2	11:00	Boys Discus	I	East
11:55	Girls 300 LH	II	1	11:30	Boys High Jump	I	South
11:59	Girls 300 LH	II	2	11:30	Boys High Jump	II	North
12:05	Boys 300 IH	I	1	12:45	Boys Triple Jump	I	East
12:09	Boys 300 IH	I	2	12:45	Girls Triple Jump	II	West
12:13	Boys 300 IH	II	1				
12:17	Boys 300 IH	II	2				

Jaguar Invitational 2005 Afternoon Session

Time	Event	Division	Heat	Time	Event	Division	Heat
4:00	Girls 4 x 100 Relay	I		7:23	Girls 200m	I	1
4:05	Girls 4 x 100 Relay	II		7:26	Girls 200m	I	2
4:10	Boys 4 x 100 Relay	I		7:29	Girls 200m	II	1
4:15	Boys 4 x 100 Relay	II		7:32	Girls 200m	II	2
4:20	Girls 1600m	I		7:35	Boys 200m	I	1
4:29	Girls 1600m	II		7:38	Boys 200m	I	2
4:38	Boys 1600m	I		7:41	Boys 200m	II	1
4:46	Boys 1600m	II		7:44	Boys 200m	II	2
4:54	Girls 100 IH	I	1	7:50	Girls 3200m	All	
4:57	Girls 100 IH	I	2	8:06	Boys 3200m	All	
5:00	Girls 100 IH	II	1	8:20	Girls 4 x 400 Relay	I	
5:03	Girls 100 IH	II	2	8:26	Girls 4 x 400 Relay	II	
5:09	Boys 110 HH	I	1	8:32	Boys 4 x 400 Relay	I	
5:12	Boys 110 HH	I	2	8:38	Boys 4 x 400 Relay	II	
5:15	Boys 110 HH	II	1	8:46	Coed Weightmans	I	
5:18	Boys 110 HH	II	2	8:50	Coed Weightmans	II	
5:24	Girls 400m	I	1				
5:28	Girls 400m	I	2	Time	Field Events	Division	Site
5:32	Girls 400m	II	1	3:00	Girls Long Jump	I	West
5:36	Girls 400m	II	2	3:00	Boys Long Jump	II	East
5:40	Boys 400m	I	1	3:00	Girls Pole Vault	I	North
5:44	Boys 400m	I	2	3:00	Girls Pole Vault	II	South
5:48	Boys 400m	II	1	3:00	Girls Shot Put	I	North
5:52	Boys 400m	II	2	3:00	Boys Shot Put	I	South
5:58	Girls 100m	I	1	3:00	Girls Discus	II	West
6:01	Girls 100m	I	2	3:00	Boys Discus	II	East
6:04	Girls 100m	II	1	4:00	Girls High Jump	I	North
6:07	Girls 100m	II	2	4:00	Girls High Jump	II	South
6:10	Boys 100m	I	1	4:30	Boys Long Jump	I	East
6:13	Boys 100m	I	2	4:30	Girls Long Jump	II	West
6:17	Boys 100m	II	1	5:00	Girls Discus	I	West
6:20	Boys 100m	II	2	5:00	Boys Discus	I	East
6:26	Girls 800m	I		5:00	Girls Shot Put	II	North
6:31	Girls 800m	II		5:00	Boys Shot Put	II	South
6:36	Boys 800m	I		6:00	Girls Triple Jump	I	West
6:41	Boys 800m	II		6:00	Boys Triple Jump	II	East
6:47	Girls 300 LH	I	1	6:00	Boys Pole Vault	I	North
6:51	Girls 300 LH	I	2	6:00	Boys Pole Vault	II	South
6:55	Girls 300 LH	II	1	6:30	Boys High Jump	I	South
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7:09	Boys 300 IH	I	2	7:45	Girls Triple Jump	II	West
7:13	Boys 300 IH	II	1				
7:17	Boys 300 IH	II	2				

Jaguar Invite 2005

School Name_____ will participate in the Jaguar Invite 2005 that will be held on Saturday, April 16, 2005 at Valley Center High School. We agree to pay the entry fee of \$125 for each team - \$250 for both a men's and women's team.

Signature of Coach_____

Coach_____

School_____

Coach's Phone #_____

Coach's e-mail_____

Signature of Athletic Director_____

Check which session you prefer:

Morning_____

Afternoon_____

Teams entered:

Mens_____

Womens_____

Early entries will receive their session choice.

Schools that cancel will be charged a \$100 cancellation fee.

Mail Entries to:

Mike Cummings

Jaguar Invite

Valley Center High School

31322 Cole Grade Road

Valley Center CA 92082