

2005  
Poway-Pepsi  
TITAN TRACK FESTIVAL  
ANNOUNCEMENT

**DEFINITION OF EVENTS:** INVITATIONAL EVENTS WERE SELECTED FROM YOUR NOMINATIONS. THE TOP SIX PLACES IN INVITATIONAL EVENTS WILL RECEIVE SPECIAL MEDALS. **TEAM RELAY EVENTS:** ARE FOUR COMPETITOR TEAMS IN THE RUNNING EVENTS. EACH SCHOOL IS ENTERED IN ALL RELAY EVENTS, EXCEPT THE SHUTTLE HURDLE RELAY, WHERE THE TOP FOUR TEAMS PER DIVISION WILL BE ENTERED. THESE WERE SELECTED FROM YOUR. NOMINATIONS. THE FIRST THREE TEAMS WILL RECEIVE MEDALS.

**INDIVIDUAL FIELD EVENTS:** EACH SCHOOL MAY ENTER 2 INDIVIDUALS IN ALL FIELD EVENTS. THE TOP 4 IN EACH DIVISION WILL MEDAL. OTHER ATHLETES COULD BE ADDED IF MARKS WARRANT.

**“T” SHIRTS:** THIS YEAR WE HAVE 400 TITAN/PEPSI COLA “T” SHIRTS. THESE SHIRTS WILL BE DONE IN A FOUR COLOR SCREEN. SHIRT WILL BE SOLD FOR \$ 10.00 EACH.

**CONCESSIONS:** POWAY HIGH SCHOOL WILL PROVIDE REFRESHMENTS AT REASONABLE PRICES AT THE MEET.

**SPIKES:** 3/16TH INCH NEEDLE SPIKES ARE THE ONLY ACCEPTABLE SPIKE. ATHLETES MUST PRESENT THEIR SHOES WHEN ENTERING THE STADIUM. THEY WILL BE CHECKED AGAIN AT THE CLERKING AREA. ATHLETES CAUGHT WEARING LARGER SPIKES WILL AUTOMATICALLY BE SUSPENDED FROM ANY OTHER COMPETITION. A SET OF 3/16TH INCH SPIKES CAN BE PURCHASED AT THE MEET FOR \$ 2.00.

**SEATING:** ALL ATHLETES PLEASE SIT ON THE WEST SIDE OF THE STADIUM. COACHES, PLEASE ENCOURAGE YOUR ATHLETES TO STAY ON THE WEST SIDE, IT WILL BE VERY DIFFICULT TO GET INTO A RACE FROM THE EAST SIDE OF THE STADIUM.

**FIELD EVENTS:**           3 ATTEMPTS IN TUE LONG JUMP& THE TRIPLE JUMP  
                                  3 THROWS IN THE SHOT PUT AND THE DISCUS  
                                  3 MISSES IN TUE POLE VAULT AND HIGH JUMP

**STARTING HEIGHTS:**   GIRLS HIGH JUMP= 4’4”  
                                  BOYS HIGH JUMP = 5’4  
                                  GIRLS POLE VAULT = 7’  
                                  BOYS POLE VAULT = 8’

**TIME SCHEDULE:** THE TIME SCHEDULE WILL BE FOLLOWED AS CLOSLY AS POSSIBLE. NO CALLS WILL. BE MADE; ATHLETES SHOULD BE AWARE OF THE RACE SEQUENCE, AND NOT RELY ON THE PUBLISHED TIME SCHEDULE.

**TIMING:** *LYNX TIMING SYSTEM* WITH OUR MARIC ELECTRONIC VISUAL TIMING SYSTEM WILL BE USED. MARIC WILL SERVE AS THE BACK-UP SYSTEM AND HAND-HELD AS THE FINAL SYSTEM.

**PROGRAMS:** PROGRAMS WILL BE AVAILABLE FOR \$ 2.00.

**DOCTORS & TRAINERS:** ONE DOCTOR WILL BE ON HAND ALL DAY LONG. ADDITIONALLY TWO TRAINERS WILL ALSO BE ON HAND ALL DAY. SOUTH END OF THE STADIUM.

**ADMISSION:** \$3.00 FOR ADULTS AND \$2.00 PER STUDENT.

**ELIGIBILITY:** ALL ATHLETES MUST HAVE ELIGIBLTY UNDER ALL OF RULES.

**BLOCKS:** BLOCKS WILL BE FURNISHED BY POWAY HIGH SCHOOL.

**DAN SCHAITEL**  
**MEET DIRECTOR**

POWAY HIGH SCHOOL: 858 748 0245 EX. 5316  
HOME: 858 748 7990

**2005**  
**Poway-Pepsi**  
**TITAN TRACK FESTIVAL**  
**PRE MEET BULLETIN**

- DATE:** FRIDAY APRIL 3T - Friday Night Distance-Hurdle Festival  
SATURDAY APRIL 9TH.- Titan Team Festival
- SITE:** POWAY HIGH SCHOOL - TRACK & FIELD STADIUM.
- RAIN DATE:** POWAY HIGH SCHOOL IS AN ALL WEATHER FACILITY, THERE IS NO NEED FOR A RAIN DATE.
- DIVISIONS:** THIS YEAR WE WILL HAVE 3 DIVISIONS. 4 BOYS TEAM DIVISIONS AND 4 GIRLS TEAM DIVISIONS. DIVISIONS WERE DETERMINED BY THE SCHOOL POPULATION AND THE COMPETITIVE LEVEL OF EACH PROGRAM. ODD NUMBERED DIVISIONS ARE FOR THE GIRLS, EVEN FOR THE BOYS. THERE WILL BE NO TEAM SCORING.
- AWARDS:** 1,400 -2" CUSTOM MADE, PRESSED TYPE, TITAN TRACK FESTIVAL MEDALS WILL BE GIVEN OUT. EACH OF THE TOP THREE TEAMS IN EACH DIVISION WILL RECEIVE MEDALS. TOP SIX FINISHERS IN "INVITATIONAL" EVENTS WILL RECEIVE MEDALS. TOP 4 INDIVIDUALS IN INDIVIDUAL FIELD EVENTS WILL MEDAL.
- COST:** \$150 FOR EITHER A BOYS OR GIRLS TEAM, \$ 300 PER SCHOOL
- EVENTS:** **TEAM RELAY EVENTS:**  
4 X 200 METER RELAY  
DISTANCE MEDLEY RELAY  
LOW HURDLE SHUTTLE RELAY FOR THE GIRLS\*  
HIGH/LOW SHUTTLE RELAY FOR THE BOYS\*  
4 X 100 METER RELAY  
4 X 400 METER RELAY  
4 X 800 METER RELAY  
4 X 1600 METER RELAY \*
- INDIVIDUAL FIELD EVENTS:**  
HIGH JUMP (2 ENTRIES PER SCHOOL)  
LONG JUMP (2 ENTRIES PER SCHOOL)  
SHOT PUT (2 ENTRIES PER SCHOOL)  
DISCUS (2 ENTRIES PER SCHOOL)  
TRIPLE JUMP (2 ENTRIES PER SCHOOL)  
POLE VAULT (2 ENTRIES PER SCHOOL)
- INVITATIONAL EVENTS:**  
1500 METER RUN (BOYS AND GIRLS)  
100 METER DASH (BOYS AND GIRLS)  
400 METER DASH (BOYS AND GIRLS)  
100 METER HURDLES FOR THE GIRLS  
110 METER HURDLES FOR THE BOYS  
300 METER HURDLES FOR THE GIRLS  
300 METER HURDLES FOR THE BOYS  
800 METER DASH (BOYS AND GIRLS)\*  
3200 METER RUN (BOYS AND GIRLS)\*

\*Friday Night Event

2005  
Poway-Pepsi  
TITAN TRACK FESTIVAL  
Reservation Form

We Plan On Attending this Years Track Festival   
Sorry, can't fit the Track Festival into our schedule

School: \_\_\_\_\_

Boys Coach: \_\_\_\_\_

Girls Coach: \_\_\_\_\_

School Phone: \_\_\_\_\_

Boys Coach Home Phone: \_\_\_\_\_

e-mail address: \_\_\_\_\_

Girls Coach Home Phone: \_\_\_\_\_

e-mail address: \_\_\_\_\_