

2010 Bronco Track & Field Invitational

- ❖ Date: Saturday; March 13, 2010
- ❖ Site: Rancho Bernardo High School
- ❖ Meet Director: Don Jones, Rancho Bernardo HS(485-4800 x4519)
- ❖ Time: 10:00 AM - 4:00 PM
- ❖ Surface: Polyurethane track (8 lanes) & runways
- ❖ Spikes: 3/16th inch needles
- ❖ Fees: \$150.00 per team (\$300.00 for both boys & girls)
- ❖ Medals: Medals will be given out in the following manner:
Relays: 1st – 3rd; Field: 1st – 6th; Invitational Races: 1st – 6th
- ❖ Timing: Finish Lynx Timing System
- ❖ Concessions: Food, drinks & snacks will be available.
- ❖ T-Shirts: Invitational T-Shirts will be available for \$12.00.
- ❖ Entries: Coaches will be sent an Excel sheet when you return your entry sheet.
- ❖ Teams: We will take the first 32 teams that enter the meet.
- ❖ Results: Results will be posted during the meet and will be on the San Diego Track Magazine website ASAP.

Events:

Invitational:

Boys

100 Meters
400 Meters
800 Meters
Frosh 1600 Meters
1600 Meters
3200 Meters
110 Meter High Hurdles
300 Meter Intermediate Hurdles

Girls

100 Meters
400 Meters
800 Meters
Frosh 1600 Meters
1600 Meters
3200 Meters
100 Meter Hurdles
300 Meter Low Hurdles

Field:

Long Jump
Triple Jump
Shot Put
Discus
High Jump
Pole Vault

Long Jump
Triple Jump
Shot Put
Discus
High Jump
Pole Vault

Relays:

4 x 100 Meter Relay
Frosh / Soph Medley (1-1-2-4)
4 x 400 Meter Relay
4 x 800 Meter Relay
Distance Medley

4 x 100 Meter Relay
Frosh / Soph Medley (1-1-2-4)
4 x 400 Meter Relay
4 x 800 Meter Relay
Distance Medley

ENTRY DEADLINE: FRIDAY; MARCH 6, 2010
(Please send in the entry card enclosed ASAP! – Thanks!!)

2010 Bronco Invitational

School

[] We will be attending the 2010 Bronco Invitational.

[] We will not attend this year's meet

Entry Fee: \$150.00 per team (\$300.00 for both boys & girls)

Please send fee ASAP

Head Coach (Print)

Head Coach (Signature)

Date

Coaches' Email Address

Athletic Director (Signature)

Date

Cut Here

Send To:

**Don Jones
Rancho Bernardo High School
13010 Paseo Lucido
San Diego, CA 92128-4499**