

2011 Mt. Miguel Elite Invitational

Date: Saturday April 2nd.

Site: Mt. Miguel High School

Awards: First 3 places for all events.

Plaques awarded to the regional champions and a perpetual trophy naming the winning region will be kept at Mt. Miguel.

Awards: In order to avoid the "All-Star" Team rule we will be scoring all of the teams individually throughout the meet, but will add the scores of the 2 teams from each region to come up with the region total and the meet winners.

Events: All traditional C.I.F. events will be contested, in standard dual meet format

Long and Triple jump events and throwing events will be run "open pits." Athletes will need to get their jumps and throws in the allotted time. It will be a 2 hour time limit with athletes getting 3 attempts in each event.

HJ & PV will be run continuously with opening heights at 4'0" for girls HJ and 5'0" for boys with 2" increments. PV will be 6'6" for girls and 8'6" for boys.

Qualifiers: Lane Races – 2 entries in each event from each school
4 x100 & 4 x 400 Relays – Each school gets 1 entry per relay
Non-lane races- 3 entries from each school
Field Events – 3 entries from each school

Facilities: 9 Lane all-weather track and runways.
Finish Lynx Electronic timing systems will be used for all track races.

Spikes: *No spikes over 3/16th will be allowed on the track or the runways*

Entry Deadline: Saturday, March 5th for team declaration
Individuals and relays need to be entered on athletic.net by March 27th at midnight.

Entry Fees: \$200 total for both boys and girls teams
Due before competing
School Checks, Personal Checks, Cash accepted.

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2011 Mt. Miguel Elite Order of Events

Running Events

Time	Division	Event
10:00 AM	Girls	4x100
10:05 AM	Boys	4x100
10:10 AM	Girls	4x100
10:15 AM	Boys	4x100
10:20 AM	Girls	1600
10:28 AM	Boys	1600
10:40 AM	#3 Runner Girls	100IH
10:45 AM	#2 Runner Girls	100IH
10:50 AM	#1 Runner Girls	100IH
10:56 AM	#3 Runner Boys	110IH
11:01 AM	#2 Runner Boys	110HH
11:06 AM	#1 Runner Boys	110HH
11:12 AM	#3 Runner Girls	400
11:17 AM	#2 Runner Girls	400
11:22 AM	#1 Runner Girls	400
11:27 AM	#3 Runner Boys	400
11:32 AM	#2 Runner Boys	400
11:37 AM	#1 Runner Boys	400
11:42 AM	#3 Runner Girls	100
11:48 AM	#2 Runner Girls	100
11:53 AM	#1 Runner Girls	100
11:58 AM	#3 Runner Boys	100
12:03 PM	#2 Runner Boys	100
12:08 PM	#1 Runner Boys	100
12:13 PM	#2 Runner Girls	800
12:19 PM	#1 Runner Girls	800
12:25 PM	#2 Runner Boys	800
12:31 PM	#1 Runner Boys	800
12:38 PM	#3 Runner Girls	300LH
12:44 PM	#2 Runner Girls	300LH
12:50 PM	#1 Runner Girls	300LH
12:57 PM	#3 Runner Boys	300LH
1:03 PM	#2 Runner Boys	300LH
1:09 PM	#1 Runner Boys	300IH

Field Events

Time	Division	Event
9:00 AM	Girls	Long Jump
9:00 AM	Boys	Long Jump
9:00 AM	Girls	Pole Vault
12:00 PM	Boys	Pole Vault
9:30 AM	Girls	HJ
12:00 PM	Boys	HJ
9:00 AM	Boys	Discus
12:00 PM	Girls	Discus
9:00 AM	Girls	Shot Put
12:00 PM	Boys	Shot Put
12:00 PM	Girls	Triple Jump
12:00 PM	Boys	Triple Jump
1:16 PM	#3 Runner Girls	200
1:21 PM	#2 Runner Girls	200
1:26 PM	#1 Runner Girls	200
1:31 PM	#3 Runner Boys	200
1:36 PM	#2 Runner Boys	200
1:41 PM	#1 Runner Boys	200
1:47 PM	Girls	3200
2:02 PM	Boys	3200
2:17 PM	Girls	4x400
2:24 PM	Boys	4x400
2:31 PM	Girls	4x400
2:38 PM	Boys	4x400