

11th Annual (CCS sanctioned) SMHS BEARCAT INVITATIONAL

Saturday, April 22, 2023



You are invited to join us for SMHS Bearcat Track & Field Invitational held at San Mateo High School located at 506 N. Delaware Street, San Mateo, CA, featuring our all-weather 8-lane track and runways on Saturday, April 22nd.

GENERAL MEET INFORMATION:

- 4 Divisions: F/S Girls, F/S Boys, Varsity Girls and Varsity Boys
- Finish Lynx timing system on the finish line
- Access to LIVE official results via your Smartphone on site
- Lane assignments will be seeded by best times and marks (Slow to Fast Heats) on Meet Day
- Meet will be held rain or shine. If it rains, some events may be cancelled for safety reasons.
- Athletic Trainer will be on-site
- Concessions, programs, caps and T-shirts.
- Admission: Adult \$8 Students \$4

Receive 2
complimentary
lunch tickets
for Coaches of each
school at
Team Check-in!

REGISTRATION RULES: An athlete may NOT compete in both Varsity and F/S events; limit 4 events per athlete; limit 3 athletes per event per division.

- FIELD EVENTS:
- Pole Vault minimum requirements: FSG 5', FSB 7', VG 6', VB 8'
 - High Jump minimum requirements: FSG 4', FSB 5', VG 4'6", VB 5'6"
 - 3 attempts allowed for Long Jump with time allowance up to 1 hour
 - **NO TRIPLE JUMP.** Long Jump: No measurement if < "MARKED" minimum distance

- RUNNING EVENTS:
- Limit 1 relay team per event per division
 - 1600m/3200m Limit 5 athletes per event per division

AWARDS: Top 6 places for individual events; 3 deep for relays.

REGISTRATION DEADLINE & ENTRY FEES:

- Registration **MUST BE ENTERED** on www.athletic.net; deadline is 11:59 p.m. Tuesday, April 18, 2023
- Individuals: \$7 per person per event; Relays: \$25 per team entered; \$450 maximum per team
- No refunds for no-show at meet, athletes scratched after entry deadline, event cancellation due to safety reasons
- Official entries and entry fees will be posted on www.smhsrunners.com on April 19, 2023
- Meet Director reserves the right to close registration BEFORE published deadline if the attendance/number of schools registered EXCEED our race time allotment. PLEASE REGISTER EARLY.

PAYMENT: On 4/19/23, an invoice will be sent via SQUARE Coaches' Email listed on Athletic.net. Please prepay electronically with VISA/Mastercard. Check, cash or credit card will also be accepted at Team Check-In on the day of the Invitational. Checks should be made payable to: **SMHS Track & Field. DO NOT MAIL PAYMENT.**

SCRATCHES:

To scratch an athlete before the entry deadline, edit online at www.Athletic.net. For scratches after entry deadline, please report to Athlete Check-In table upon arrival on Meet Day.

SCHEDULE:

- Field Events will start at 8:30 a.m. on an assigned schedule. All field event athletes must check-in with Event Official directly at their event site 30 minutes prior to start of their event.
- Running events will start at 9:00 a.m. on a rolling schedule after 1st gunshot. Athletes can check in anytime up to 30 minutes prior to start of their event, or they will be scratched.

MEET DIRECTOR

Ed Riley, SMHS T&F Head Coach Email: edriley72@gmail.com Contact number: (650) 766-7541
Go to: www.SMHSRunners.com for easy access to registration, and results.

Thank you for your support!

Updated: 3/15/23