

Woody Wilson High School Track & Field Invitational

Friday, April 17, 2009

Entry process

1. Go to www.ezmeets.com, scroll down to the Woody Wilson Classic **High School Section** and click on “Password Request”, then follow the directions carefully.
2. You will receive your EZMeets.com password via the email address you provided.
3. After receiving your password, you may enter your athletes on www.ezmeets.com.
4. A “valid” ezmeets entry will include the athlete’s name, year, FAT time or distance, the meet in which the mark was achieved, and the date on which the mark was achieved.
5. Make sure that you print a copy of your ezmeets entries and bring it with you to the meet.
6. We will accept marks from the 2008 or the 2009 season.
7. Entered marks will be verified by a verification committee. Athletes with time or marks found to be invalid will be disqualified from the meet. Hand times are not valid marks.
8. The entry deadline is Sunday, April 12th at Midnight.
9. Accepted entries will be posted on www.Recordtiming.com no later than Tuesday, April 14th.

Qualifying

- Our goal is to provide a high quality meet fielding the top 16 athletes entered. We may run additional heats in the 100m, 200m, 300h, 100/110h, shot put, pole vault and high jump.
- Please see the attached entry standards sheet. This sheet lists the final qualifying mark from last year’s meet. While the marks may change from year to year, this can serve as a helpful guideline for coaches.
- A list of ten alternates will also be posted; however, to fill lanes and flights we may go deeper in the alternate list if necessary. Alternates will not be charged an entry fee.

Entry fees

- The entry fee will be \$7.00 per athlete per event entered and \$25.00 per relay team entered. The maximum team fee is \$175.00.
- Make checks payable to “UC Davis Regents.”
- Entry fees are due on the day of the meet, prior to competition.
- The entry fee will be based on the athletes accepted into the meet.
- Alternates will not be charged an entry fee.
- Athletes who are accepted, but do not show up will still be charged an entry fee.

Awards: T-shirts will be awarded to the top 3 finishers in each individual event and the winning relay team in each relay event.

Trainer: U.C. Davis will provide an athletic trainer for this meet.

Admission: \$7.00 for adults, \$5.00 for students, children under five are free.

Food: A concession stand will be available.

T-shirts: A limited number of shirts will be available. They will sell fast!

Standards

The seeding committee will seed the top 16 athletes in each event; the event standards will not be used to determine acceptance into the meet. The event standards represent the last accepted mark per event from the 2008 meet and should be used by coaches to determine the potential success of his or her athlete.

Boys Events

100m: 11.34
200m: 23.04
400m: 51.52
800m: 2:01.74
1600m: 4:27.70
3200m: 9:58.24
110mHH: 16.05
300m IH: 41.67
4X100m R: 44.07
4X400m R: 3:31.00
Sprint Medley: 1:42.00
4X800m R: 10:16.55
Distance Medley: 11:23.61
4x200m R: 1:37.22
Discus: 138'02"
Shot Put: 46'03"
High Jump: 6'02"
Long Jump: 20'00"
Triple Jump: 42'09"
Pole Vault: 13'00"

Girls Events

100m: 12.81
200m: 26.66
400m: 59.97
800m: 2:25.74
1600m: 5:20.03
3200m: 12:12.26
100m LH: 16.84
300m LH: 48.87
4X100m R: 50.96
4X400m R: 4:15.00
Sprint Medley: 1:59.59
4X800m R: 11:06.04
Distance Medley: 14:20.64
4x200m R: 1:56.74
Discus: 105'09"
Shot Put: 33'00"
High Jump: 5'01"
Long Jump: 14'00"
Triple Jump: 33' 02"
Pole Vault: 10'00"

NOTE - We understand that the 4 x 800, 4x200, sprint medley relay, and distance medley relay are not run often and that estimates may be necessary. Please be as accurate as possible. We have added these events to allow more athletes the opportunity to compete, but it is still our intention of maintaining high standards, a high level of athletes, and competitive events for this meet.