



*Track & Field
Invitational*

Order of Events—REVISED4/27/06

10:00am	Long Jump	men followed by women
10:00am	Distance Medley	women
10:20am	Distance Medley	men
10:40am	5000 meters	women
11:10am	400 meters	women
11:15am	400 meters	men
11:25am	100 meters	women
11:35am	100 meters	men
11:45am	800 meters	women
11:55am	800 meters	men
12:05pm	5000 meters	men
12:35pm	Community Youth 4x100 relay	
12:45pm	1500 meters	women
12:55pm	1500 meters	men
1:05pm	200 meters	women
1:15pm	200 meters	men
1:25pm	4 x 800 relay	women
1:45pm	4 x 800 relay	men
2:00pm	10000 meters	women / men combined



*Track & Field
Invitational
Saturday April 29, 2006
Kezar Stadium - San Francisco, CA*

- Meet Information:** Helen Lehman-Winters (415) 422-6026 or hlehmanwinters@usfca.edu
Christine Engel (415) 422-2926 or cengel@usfca.edu
- Location:** Stanyan Street
Kezar Stadium, San Francisco
- Entries:** All entries must be made online at ezmeets.com -To request a password email cengel@usfca.edu -Entries, updated marks and corrections will close Monday April 24th at midnight. Number of entries is unlimited.
- Entry Fees:** \$15 per athlete/per event
\$20 per relay
\$275 maximum per gender
\$20 per unattached / open athletes
Checks should be made payable University San Francisco Track. There will be no refunds on entries. Checks must be received by Weds. April 26th.
- Meet Format:** A time schedule will be posted on usfdons.com by 5:00 pm on Weds April 26th. Meet will be run in accordance with NCAA rules.
- Check-In:** All athletes in both running and field must check-in at the clerk's table located at the southwest corner of the stadium.
- Warm-Ups:** No warm-ups will be allowed on track or infield once competition has started.
- Timing:** Finish Lynx will be used for all races.
- Trainers:** There will be an athletic trainer located at the southwest corner on the upper level of the stadium.
- Packets:** Packets can be picked up starting at 8:30am on meet day.
- Awards:** Awards will be distributed to the top three in each individual event and winning relay teams. Awards can be picked up after official results have been posted.
- Field Events:** All flights will be determined upon reviewing entries. Nine athletes (in long jump) will advance to the finals based on their performance in preliminary round.
- Parking:** Public parking is limited at or near the stadium.
- Results:** Results will be available on race day & will also be posted on usfdons.com