



Stanford

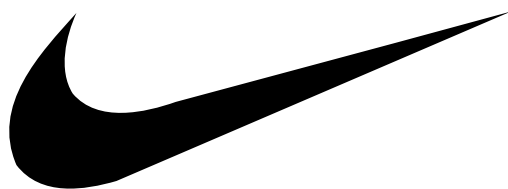
TRACK & FIELD

INVITATIONAL

March 30-31, 2007

Cobb Track and Angell Field

High School Entry Information



PRESENTED BY Hotel Sofitel

High school events co-hosted by Palo Alto and Gunn High Schools

DIRECT ALL COMMUNICATION TO

Meet Director

Stanford Track & Field Invitational

641 East Campus Drive

Stanford, California 94305-6150

Email: stanfordinvite@gmail.com

Website: gostanford.com

Dear Coach,

On Friday, March 30 and Saturday, March 31, Stanford University will host the 2007 Nike Stanford Track & Field Invitational in conjunction with Palo Alto and Gunn High Schools. Cobb Track and Angell Field, our nationally acclaimed facility, features nine 48 inch lanes, multiple dual-direction runways for all of the jumps, and no less than five separate sites for the throwing events. The entire track was resurfaced in August of 2003. Cobb Track and Angell Field is specifically designed to take advantage of any favorable wind conditions and it will provide your athletes with the best opportunity for outstanding performances.

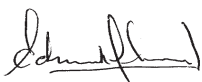
The Nike Stanford Track & Field Invitational presented by the Hotel Sofitel has been created to offer great competition in an exciting format for the 5000+ participating athletes. We have listened to your feedback and have made some big improvements. Your athletes will enjoy the meet on our state-of-the-art Pitch Johnson Video Scoreboard.

Your athletes will enjoy the competitive atmosphere at this year's invitational. At the 2006 Stanford Invitational, more than 256 athletes achieved NCAA regional or automatic qualifying standards. Countless others bettered the NCAA Division II and III standards or achieved conference qualifying marks. The highly competitive races are designed for achieving personal bests.

Please look at the schedule the format is different than it has been in the past. We have highlighted some high school events within our featured college schedule. **During the first day of competition (Friday) some high school races will begin earlier than in previous years.** The high school portion of the meet begins Friday morning with the girl's 3000m and concludes Saturday afternoon with the boys 4x400 meter relay.

Coach, please make sure to read all of the enclosed information carefully, and do not miss our entry deadlines at EZMeets.com. We do not anticipate being able to accommodate ANY late entries this year. If you have any questions please email our Meet Director, John Rembao, at stanfordinvite@gmail.com. We look forward to welcoming you and your athletes to Cobb Track and Angell Field for another outstanding meet.

Sincerely,



Edrick Floreal
Franklin P. Johnson Director of Track & Field

Additional Meets at Cobb Track and Angell Field

Information available on the Track & Field page at gostanford.com.

STANFORD QUAD-MEET • SATURDAY, MARCH 3, 2007

The quad-meet will include UC Davis, USF, and Fresno State. This is a closed competition and no open athletes will be allowed to compete.

THE BIG MEET • SATURDAY, APRIL 7, 2007

Be a part of history! Witness the 113th Annual men's and 17th annual women's Big Meet. Come to Cobb Track & Angell Field and cheer on your favorite team! This should be a close one!

PAYTON JORDAN CARDINAL INVITATIONAL • SUNDAY, APRIL 29, 2007

In just ten years, the Cardinal Invitational has developed into one of the premier track and field meets of the outdoor season. Hundreds of elite college and international athletes compete under the lights before a sold out Cobb Track and Angell Field stadium. In 2006 the crowd was electrifying and the conditions were great. Alan Webb, Dathan Ritzenhein and Anthony Famigletti all qualified for the 2007 World Championships in an exciting race that came down to the last lap and produced three of the top five times in the world. This exciting meet annually produces some of the top performances in the NCAA, the USA and the World. In 2001, Meb Keflezighi set the American record in the men's 10,000 meters with a time of 27:13.98 and winner Abraham Chebii of Kenya ran the fastest 10,000 meters ever on American soil at 27:04.20. In 2002, Deena Drossin set an American record in the women's 10,000 meters with a time of 30:50.32. In 2004, 15 Olympic A-qualifying standards were achieved in the men's and women's 5000 and 10,000 meters. The 2007 Payton Jordan Cardinal Invitational will be a major qualifying meet for the the Olympic A standards as well as qualifying for the 2007 World Championships in Osaka, Japan and U.S. National Championships. Don't miss the action!

PAC-10 COMBINED EVENTS CHAMPIONSHIP • SATURDAY MAY 5 & SUNDAY MAY 6, 2007

PAC-10 TRACK & FIELD CHAMPIONSHIP • SATURDAY MAY 12 & SUNDAY MAY 13, 2007

The Pac-10 Championships return to the Farm for the first time since 1998. The championships include men and women's team from Arizona, Arizona State, California, Oregon, Oregon State (women only), Stanford, UCLA, USC, Washington, and Washington State. It will be an exciting, action-packed meet, which will determine who will be the 2007 Pac-10 Champions. Since 1960, Stanford has had 53 individual male Pac-10 Champions and two team titles in 2001 and 2002. Since 1988, the women have captured 33 individual Pac-10 Championship titles and a team title in 2005. The Pac-10 Conference is considered one of the most prestigious and highly competitive conferences. With that said, it is going to be a fight to the end to see who comes out on top!

Future Dates for Cross Country 2007 and Track & Field 2008

STANFORD CROSS COUNTRY INVITATIONAL • SATURDAY SEPTEMBER 29, 2007

The 34th edition of the Stanford Cross Country Invitational co-hosted by Palo Alto High School will be on September 29, 2007. Once again, the serene Stanford Golf Course will serve as the setting for 22 exciting races of high school, college and open competition. With rolling hills and more than 300 oak trees, the course is both challenging and picturesque. At the conclusion of the day, nearly 5000 runners will have completed the home course of the Cardinal men's and women's cross country teams, making the Stanford Cross Country Invitational one of the largest cross country events in the United States.

STANFORD TRACK & FIELD INVITATIONAL • FRIDAY MARCH 28 & SATURDAY MARCH 29, 2008

We are pleased to announce that at the 34th Annual Stanford Track and Field Invitational we had 265 NCAA regional qualifiers as well as 8 NCAA 10,000m automatic qualifiers. Our beautiful nine lane track, dual direction runways, and multiple throwing circles produced great results. The schedule is thoughtfully constructed to provide the best opportunity for performance. We had great awards and exciting events for all athletes in the jumps, throws, and on the track. Be a part of the action!

STANFORD TRACK & FIELD INVITATIONAL

GENERAL INFORMATION FOR HIGH SCHOOL EVENTS

IMPORTANT DATES TO REMEMBER IN 2007

- Password requests open February 1, 6:00am PST
- Entries open February 4, 6:00am PST
- Entries close March 18, 11:59pm PST
- Accepted entry list will be posted March 24, 1:00pm PST
- Entry fee received March 27, 6pm PST

SANCTIONED STATES

- If you are from a state not listed below, you must notify us of your intent to compete by February 27, 2007 at stanfordinvite@gmail.com.

CA, CO, HI, ID, NV, MT, OR, WA, WY

HOW TO ENTER

1. You must request a **NEW** password in order to enter. Password from last year will not work. To receive a new password you must go to EZMeets.com and **COMPLETELY** fill out the online password request form. Incomplete information will only delay you receiving a password. **Note: Use an email address that you know will not be blocked.** If we have trouble sending a password to the email provided, we will send it the Athletic Director's email address that you provide. **Please check your spam/junk box before assuming you did not receive a password.** Passwords are sent out within 48 hours.
2. Once you receive your password, go back to EZMeets.com and enter your athlete(s) using your new password.
 - a) Select your team name from the drop down menu.
 - b) Enter your password.
 - c) Select gender.
 - d) Click "Do It" button.**Repeat the process for each gender as they must be entered separately. PRINT A RECEIPT FOR EACH GENDER!**
3. Check gostanford.com at **6:00pm PST on March 24** for a list of accepted entries.
4. Entry fees or proof of a requested payment from your high school must be received by **6:00pm PST on March 27**.

ENTRY CONFIRMATION PROCEDURE

- Confirmation of entry acceptance or rejection will be posted to gostanford.com by **6:00pm PST on March 24**. Please do NOT contact Stanford to ask if an entry was accepted.
- **Please refer to the enclosed information on entry guidelines for help in determining if an athlete's entry is likely to be accepted.**
- Please NOTE the enclosed information on field size limits for various events.
- LATE entries will be accommodated only if space is available in a given event. If a late entry is accepted, a late fee of \$20 per person per event will be added to the \$15 entry fee for a total of \$35/athlete/event.
- **There will be no refunds for entries not accepted.**

LIMITATIONS ON ENTRIES

- In order to achieve balanced field sizes, please note that schools will be limited to entering no more than 3 athletes in an event.
- Schools may NOT enter multiple relay teams in an event.
- If a school enters more than 3 athletes or multiple relay teams, the additional athletes and teams will be automatically rejected.
- **Substitutions after the entry deadline are not permitted.**

VERIFICATION OF ENTRIES

- All entry performances must be verifiable by appearing on the best marks list of <http://www.dyestatcal.com>. The entry committee will review performances before making decisions on which athletes have been accepted into the meet.
- An entry that cannot be verified on this website is NOT guaranteed and will be accommodated only if space permits.
- Coaches should send in their results from this year to Rich Gonzalez at roadrunner4rich@aol.com.
- Non-California high school teams should email performance verification to Ernie Lee at erndog@alumni.princeton.edu.
- Meet related question should be directed to John Rembao at StanfordInvite@gmail.com.

PACKET PICKUP

- All entry fees must be paid in full before your packet is issued.
- We will distribute the team packet to the first coach who arrives at the packet pickup booth. **This packet will contain the access credentials for the entire team.** Please make arrangements to meet your team at a designated location outside the complex to distribute these credentials if you are planning to arrive at different times. **We cannot hold the team packet at the packet pickup booth.**

ENTRY FEES AND PAYMENT PROCEDURE

- Your entry fee is calculated based upon the status of your entries at **12:00am PST on March 15**. **There are no refunds for athletes not accepted or that are scratched after the entry deadline has passed.**
- Entry fees or proof of a requested payment from your high school must be received by **6:00pm PST on March 27**.
- **Individuals:** \$15 per person per event entered
- **Relays:** \$30 for each relay team entered
- Please make checks payable to **Palo Alto High School**.
- Send the entry receipt from the EZMeets website and fees to:
Meet Director
Stanford Track & Field Invitational
641 East Campus Drive
Stanford, California 94305-6150
- **There will be no refunds for entries not accepted.**
- Please send your entry fees by Overnight Mail.

STANFORD TRACK & FIELD INVITATIONAL

GENERAL INFORMATION FOR HIGH SCHOOL EVENTS

ENTRY GUIDELINES AND FIELD SIZE LIMITS

- Although we seek a large field, there must be guidelines to limit our fields to manageable sizes. *All field events will be limited to the Top 20.* The field size limits for running events are listed below.
- We will try to accept all entrants who meet the guidelines below so as not to exceed the field size limit for that event.
- Please note the opening heights and minimum measured distances listed on the Schedule of Events.
- The standards below are guidelines and **DO NOT** guarantee that an athlete will be accepted.
- For questions concerning high school standards and guidelines, please contact Paul Jones of Palo Alto High School at (650) 329-0426, or Ernie Lee of Gunn High School at (650) 623-0741.
- It is recommended that the following performances have been achieved in the 2006 season.

Running Events	Field Size	Boys	Girls
100m	Top 40	11.30	13.00
400m	Top 40	51.44	61.25
110/100m Hurdles	Top 40	15.60	16.94
400m Hurdles	Top 40	43.14	51.14
<i>(standard refers to time for 300m Hurdles)</i>			
Mile	Top 40	4:30	5:20
3000m	Top 40	9:50	11:45
<i>(standard refers to time for 3200m)</i>			
4 x 100m Relay	Top 40 teams		
4 x 400m Relay	Top 40 teams		
4 x 800m Relay	Top 20 teams		
Distance Medley Relay	Top 40 teams		

AWARDS

- In the case of multiple sections, final results will be based on the best performances across all sections. No awards are presented to college/open athletes in the B sections.
- In individual events, NIKE sweatshirts will be presented to the winner, and t-shirts will be presented to 2nd and 3rd place.
- In relay events, NIKE sweatshirts will be presented to the winning team.

WEIGHTS AND MEASURES

Please advise your athletes that they must have their implements weighed and measured one hour prior to the event's start. Weights and measures will close 30 minutes prior to the event. The specific location for weigh-ins will be posted on a facility map **the week of the competition.** The facility map can be downloaded from the Stanford Track & Field page at gostanford.com.

IMPORTANT SAFETY RULES

In order for us to conduct a safe and quality meet for everyone, we will enforce the following safety rules for Cobb Track and Angell Field. Headphones are NOT permitted at any time. For the safety of all athletes, we have restricted the use of the field event sites. Please notify your athletes and assistant coaches of these policies prior to the meet.

HEADPHONES/RADIOS

No headphones or radios will be permitted inside Cobb Track and Angell Field. These devices present a safety risk for everyone since several competitions will be contested simultaneously. Please notify your athletes in advance that they must confine these items to the areas outside of the facility.

COMPETITION ACCESS TO THE FACILITY

Only athletes will be permitted inside the facility. Coaches and spectators **MUST** remain outside the fences at all times. Contestants will be escorted on and off the facility.

SPIKE LENGTH

Pin spikes NOT longer than 1/4" (9mm) must be worn on the track for ALL events, including the javelin, high jump, and pole vault. We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose implements are too long will not be permitted to compete with those spikes.

FACILITY SPECIFICATIONS

Track	9 lanes on both the oval and straightaway
	Lanes are 48 inches wide
	Inside water jump for the steeplechase
LJ/TJ (Women)	185 foot artificial surface runway
LJ/TJ (Men)	215 foot artificial surface runway
Pole Vault	140 foot artificial surface runway
High Jump	Artificial surface
Javelin	100 foot artificial surface runway
Shot Put	Contested on Chandler Infield
Discus	Contested on Chandler Infield
Hammer	Contested at Hammer Field next to track (NOTE: impact area on Hammer Field is crushed brick dust)

NO PRACTICE

Cobb Track and Angell Field will be **closed to ALL high school teams for practice prior to the meet.**

DIRECTIONS TO COBB TRACK AND ANGELL FIELD

FROM HIGHWAY 101

1. Exit Embarcadero Road West and follow signs to Stanford.
2. Cross El Camino Real (the street name changes to Galvez St.)
3. Turn left onto Nelson Road.
4. Follow the signs to the parking lots for the track & field meet.

FROM HIGHWAY 280

1. Exit on Alpine Road and follow the signs to Stanford.
2. Turn right onto Junipero-Serra.
3. Turn left onto Links (the street name changes to Campus Drive West).
4. Turn left onto Galvez Street.
5. Turn right onto Nelson Road and follow signs to the parking lots.

HOTEL INFORMATION

Please support our hotels sponsors. They make it possible for us to conduct at one of the best meets in the country by hosting officials and providing affordable rates for our visiting teams. You will not find better rates for this quality anywhere else in the Bay Area. In addition these hotels treat you right! They are long term partners with the Stanford Invitational and they want your experience to be one that you will never forget.

- **MEET HEADQUARTERS: Sofitel Hotel**

- *Sofitel Hotel*, (11.0 miles from campus) is offering a special. Stanford Invitational rate of \$99. This is a great rate for this 4 Star and 4 Diamond hotel! If you want to provide your team with the ultimate in surroundings, this is the place to stay! Please call (650)-598-9000 and tell them you are competing at the Stanford Invitational.

Other accommodations:

- *Courtyard Marriott*, (3.0 miles from campus) is offering a special. Stanford Invitational rate \$89. Please call (650)-941-9900 and ask for Kathy Irwin.

- *Creekside Inn*, (1 mile from campus) is offering a special Stanford Invitational rate. Please call (650) 213-4252 and ask for Charlene Zelnis.

STANFORD INVITATIONAL PARTICIPATING RESTAURANTS

Compadres (Our Officials Food Sponsor)

3877 El Camino Real
Palo Alto, CA 94306
(650) 858-1141

Hobees Restaurants: Stanford

67 Town & Country Village
El Camino Real at Embarcadero
Palo Alto, CA 94301
Phone: (650) 327-4111

Palo Alto

4224 El Camino Real
Palo Alto, CA 94306
Phone: (650) 856-6124

Performance Beverage Sponsor

Gluekos is the Official Sports Performance Beverage of the Stanford Invitational and the Stanford Track & Field and Cross Country Programs. Gluekos™ was founded by a distance runner in Portland, Oregon who wasn't satisfied with traditional sports drinks. They were okay at hydrating but didn't do much, if anything, to improve performance. So he set out to create the drink that would make him a better athlete. He found the answer was glucose, what your muscles naturally use for fuel. Nothing delivers energy to your body faster or more efficiently. Which is why it's the main ingredient in Gluekos. With added electrolytes (triple the amount of potassium and reduced sodium compared to other sports drinks) and a clean, crisp taste that active people seek, there is only one real natural choice for before, during & after sport: Gluekos. DON'T JUST HYDRATE, ELEVATE! Visit gleukos.com today!