



**Palo Alto High School Presents the
Stanford Track & Field Invitational
March 26-27, 2010
Cobb Track and Angell Field**

HIGH SCHOOL ENTRY INFORMATION



DIRECT ALL COMMUNICATION TO

**Meet Director
Stanford Track & Field Invitational
641 East Campus Drive
Stanford, CA 94305-6150
Email: stanfordinvite@gmail.com
Website: www.gostanford.com
Entries: www.directathletics.com**



Dear Coach,

On Friday, March 26th and Saturday, March 27th, Stanford University will host the 2010 Nike Stanford Track & Field Invitational in conjunction with Palo Alto High School. Cobb Track and Angell Field, our nationally acclaimed facility, features nine 48 inch lanes, multiple dual-direction jump runways and several throwing sites. The facility is specifically designed to take advantage of favorable wind conditions and should provide all athletes with the best opportunity for outstanding performances.

It is our goal to provide a fair and challenging opportunity for all accepted competitors. The races are fairly and consistently divided into highly competitive heats/flights. The high school portion of the meet begins Friday afternoon and concludes Saturday afternoon with the boys 4X400 meter relay. The 2010 Nike Stanford Track & Field Invitational format will allow athletes to compete under ideal conditions for fast early season marks. Please look at the time schedule in order to ensure proper travel planning.

Kids from ages 2 to 14 are welcome to participate in the Lori Maynard Kids Half Lapper, which will take place on Saturday, March 27th. In 2007 the race was named after Lori Maynard, a dedicated volunteer official who contributed 25 years of service to Stanford Track & Field as the field events coordinator. Lori's work ethic and contribution will always be remembered as a vital part of Stanford Track & Field's home meet success. Please visit www.gostanford.com for more information.

Middle school kids, grades 6-8, are welcome to compete in the first ever Stanford Invitational Middle school 100-meter dash! The Middle school 100-meter dash will take place on Saturday, March 27th with preliminary heats and a final! Please visit www.gostanford.com for more information.

Coach, please make sure to read all of the enclosed information carefully, and do NOT miss our entry deadlines on www.directathletics.com. It is unlikely meet management will accommodate ANY late entries this year.

If you have any questions, please email our Meet Director, Mary Jo Alexander at stanfordinvite@gmail.com or Joe Ginanni at jginanni@pausd.org. We hope that you find our policies to be positive and in the best interest of the athletes.

We appreciate your support and look forward to welcoming you and your athletes to Cobb Track and Angell Field for another outstanding meet.

Thank you.

Sincerely,

Edrick Floreal

Edrick Floreal
The Franklin P. Johnson Director of Track and Field



Stanford Track & Field Invitational Important Meet Information

SANCTIONED STATES

If you are from a state that is not listed below, you must notify meet management of your intent to compete by Monday, February 22, 2010 at stanfordinvite@gmail.com.

AZ, CA, CO, HI, ID, NV, MT, OR, TX, UT, WA, WY

IMPORTANT INFORMATION:

Stanford Invitational Online Entry: www.directathletics.com

Online entry support email: support@directathletics.com

Stanford Invitational email: stanfordinvite@gmail.com

IMPORTANT DATES TO REMEMBER IN 2010

Monday, January 25, 2010, 6:00AM PST – Online entry page opens for processing,
www.directathletics.com

Wednesday, March 17, 2010, 5:00PM PST – High school online entry page closes

Friday, March 19, 2010, 5:00PM PST – Accepted Entry List Will Be Posted at
www.gostanford.com

Tuesday, March 23, 2010, 6:00PM PST – Entry Fee Received

NOTE TO ALL COACHES:

Entries will ONLY be accepted online via the Direct Athletics Web site at www.directathletics.com. Detailed instructions are available below. Questions regarding entry instructions should be emailed to support@directathletics.com.

HOW TO ENTER

- Each coach must have a Direct Athletics username and password for his/her school. If you do not know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through Direct Athletics.
- In the High School Division, all athletes must be entered using a TEAM account. Individual entries made by anyone not affiliated with the coaching staff or school administration will NOT be accepted into the meet. Please designate one coach or

staff member to process your entry information. Only one team account and password will be provided per team.

If you already have a Direct Athletics account of your track and field team and know your username and password:

1. Go to www.directathletics.com
2. In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive).

If you do NOT know your username and password, proceed as follows:

1. Go to www.directathletics.com
 2. Click on the link "New User" Click Here"
 3. Follow the onscreen instructions. You will be able to create a new TEAM account online or retrieve forgotten information for an existing account.
- Most coach accounts control a school's men's AND women's team. You control ONLY one gender at a time, so you complete the below steps for your men and then switch to your women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account.
 - Important notes regarding online entries:
 - For each relay squad, you must enter at least four and up to six relay athletes (four + two alternates).
 - You must enter ALL athletes online in order for them to compete. This includes relay only athletes and relay alternates.
 - All schools must enter athletes through a TEAM account.
 - No unattached athletes maybe entered through a TEAM account.
 - Entries are due by Wednesday, March 17, 2010, 5:00PM PST.
 - You may edit and update your entries online anytime before the entry deadline.
 - All submitted entries in the system at the entry deadline listed above will be considered FINAL.
 - Please be sure to print a copy of your team's entries and bring it to the meet as confirmation.
 - Please pay special attention to the spelling of your athlete's names, there respective events and marks submitted.
 - Be sure to list ALL potential alternate names by the respective deadlines.
 - A list of those athletes that have qualified for the 2010 Stanford Invitational will be posted on www.gostanford.com on Friday, March 19, 2010, 5:00PM PST.
 - **IF YOU ARE NOT LISTED, YOU HAVE NOT QUALIFIED.**

ENTRY CONFIRMATION PROCEDURE

- A list of accepted entries for the 2010 Stanford Invitational will be posted (alphabetically, by event) online at www.gostanford.com on Friday, March 19, 2010 by 5:00PM PST.
- Each coach is strongly advised to review the list to see which of their athletes and relay teams have qualified for the Invitational.
- If your athlete or relay team is NOT listed, they HAVE NOT qualified.
- 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.

RELAY EVENT ENTRY PROCEDURE:

- When possible, please enter actual relay marks that have been achieved in the 2008 or 2009 seasons.
- After entering your seed mark for each relay event online, you will have spaces to enter up to six runners' names per relay. Please include all four runners (in order, spaces 1-4) and any alternates (up to two per event, spaces 5-6) in the six spaces provided under each relay. You must enter each member of the relay team and any alternate(s) for that relay so that we may assign a bib number for each member. Any relays runners who MAY compete on a relay team MUST BE ENTERED into the meet and have a bib number to compete.

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 for individual events after the entry deadline are NOT permitted.

VERIFICATION OF ENTRIES

- All entry performances are subject to verification by meet management.
- Please include 2008 or 2009 best times and marks, meet name/location/date/time.
- For the 3000 Meters, please enter 3200 Meter times.
- Meet management will review performances before making decisions on which athletes have been accepted into the meet.
- Entries that cannot be verified are NOT guaranteed and will be accommodated only if space permits.
- To assist the verification process, we encourage you to submit your results to Rich Gonzalez at roadrunner4rich@aol.com.

PACKET PICKUP

- All entry fees must be paid in full before your packet is issued.
- Meet management will distribute the team packet to the first coach (ONLY coaches or school administrators) 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 facility to distribute your team's credentials if you are planning to arrive at different times.
- We CANNOT hold the team packet at the packet pickup booth.
- Packets will be available beginning at 11:30AM on Friday Morning
 - o Hours of Operation for Packet Pickup
 - Friday, March 26th – 11:30AM – 8:00PM
 - Saturday, March 27th – 7:00AM – 4:00PM

ENTRY FEES and PAYMENT PROCEDURE

- Your entry fee is calculated based upon the status of your accepted entries at 5:00PM PST, Friday, March 19, 2010.
- Please pay by school issued check, personal check, money order or Cash
- ***Individuals: \$15.00 per person per event entered***
- ***Relays: \$30.00 for each relay team entered***
- All athletes, including any potential alternates must be entered on www.directathletics.com by Wednesday, March 17th, 2010, 5:00PM PST.
- Entry fees are for the total number of athletes who qualify for the meet.
- Any athlete who is issued a bib number in your team packet counts toward your entry fee. No athlete will be allowed to compete without a bib number.
- Entry fees or proof of a requested payment from your high school must be received by 6:00PM PST on Tuesday, March 23, 2010.
- Please make checks payable to Palo Alto High School
- Send the entry receipt from the www.directathletics.com website and fees to:
 - Meet Director
 - Stanford Track and Field Invitational
 - 641 East Campus Drive
 - Stanford, California 94305-6150
- Please send your entry fees by Overnight Mail.
- Please DO NOT send your entry fee to Palo Alto High School.
- We strongly recommend that you pay your entry fee in advance. We realize this is not possible for some schools, so those wishing to pay when they pick-up their team packets, please make sure to have the correct amount on your checks. No refunds will be issued.
- Teams and/or athletes accepted into the meet and are NO SHOWS the day of the meet:
 - o A letter will be sent to the high school's athletic director indicating that your team and/or individual athletes did not show for the Stanford Track

and Field Invitational. Therefore, in the future, your high school will not be allowed to compete in Stanford Home Meets.

ENTRY GUIDELINES and FIELD SIZE LIMITS

- All field events will be limited to the TOP 20. The field size limits for running events are listed on the next page.
- 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 will be posted after the accepted entry list is posted.
- 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 Joe Ginanni @ jginanni@pausd.org.
- It is recommended that the following performances have been achieved in the 2009 or 2010 season.

Running Events	Field Size	Boys	Girls
100 Meters	Top 54	11.39 FAT	12.79 FAT
400 Meters	Top 45	51.99 FAT	60.49 FAT
110/100 M Hurdles	Top 36	15.99 FAT	16.49 FAT
400 M Hurdles	Top 27	43.49 FAT	49.99 FAT
<i>(standard refers to time for 300m hurdles)</i>			
Mile	Top 36	4:29.9	5:17.9
<i>(standard refers to time for 1600 meters)</i>			
3000 Meters (3200)	Top 36	9:59.9	11:44.9
<i>(standard refers to time for 3200 meters)</i>			
4X100 Relay	Top 36 Teams		
4X400 Relay	Top 36 Teams		
4X800 Relay	Top 36 Teams		
Distance Medley Relay	Top 36 Teams		
Field Events	Field Size	Boys	Girls
Triple Jump	Top 20	42-06.0	35-00.0
Long Jump	Top 20	21-06.0	16-06.0
High Jump	Top 20	6-02.0	5-01.0
Pole Vault	Top 20	13-00.0	9-06.0
Shot Put	Top 20	47-00.0	34-00.0
Discus	Top 20	140-00.0	100-00.0

INFORMATION FOR HIGH SCHOOL SECTIONS

- Athletes in the Long Jump and Triple Jump will receive 4 jumps ONLY.
- Athletes in the Shot Put, Discus, and Hammer will receive 4 throws ONLY.

AWARDS

- In the case of multiple sections, final results will be based on the best performances across all sections.
- In individual events, an award will be presented to the winner.
- In relay events, awards will be presented to the winning team.

WEIGHTS and MEASURES

- Please advise your athletes that they must have their implements weighed and/or 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 www.gostanford.com, track and field page.

IMPORTANT SAFETY RULES

- In order for us to conduct a safe and quality meet for everyone, NO headphones, cell phones 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 the facility. All safety rules are in accordance with the High School rules.

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

- Pyramid spikes NO longer than ¼" (9mm) must be worn on the track for ALL events, excluding the javelin and high jump. We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose spikes are too long will not be permitted to compete with those spikes.

FACILITY SPECIFICATIONS

Track	9 Lanes on both oval and straightaway Lanes are 48 inches wide
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 runway
Javelin	100 foot artificial surface runway
Shot Put	Contested on Chandler Field
Discus	Contested on Chandler Field
Hammer	Contested on 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

WARM-UP AREA

- The warm-up area will be located on the South East Side of the track, on the cement path between the Track and the Tennis Courts. Black rubber mats will line the cement path.

ADDITIONAL INFORMATION

1. Trainers: Stanford Athletic Trainers will have a training area that will be open one hour before the start of the first race on both days of competition, Friday March 26th and Saturday March 27th.
2. Showers: There are no dressing rooms or shower facilities at Cobb Track and Angell Field. Meet management encourages all teams to make use of the facilities available at their hotel.
3. Parking: Please refer to the enclosed map for directions to the track and parking lot. Since teams will be arriving and departing throughout the day, *please be careful of people crossing the road and remind your athletes to be watchful of the traffic in that area.*
4. Admission: Spectators may purchase admission tickets for **the Stanford Invitational** on the day of the meet only at Cobb Track and Angell Field.
5. Concessions will be available the day of the meet.

ANY QUESTIONS?

For questions please e-mail Joe Ginanni of Palo Alto High School, jginanni@pausd.org.
Or please contact the Stanford Track & Field/Cross Country Office by e-mail at:
StanfordInvite@gmail.com.

FUTURE MEETS FOR TRACK AND FIELD 2010

Payton Jordan Cardinal Invitational Saturday, May 1, 2010

The Payton Jordan 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 packed Cobb Track and Angell Field stadium. Annually, this exciting meet produces some of the top performances in the NCAA, the USA, and the World.

FUTURE DATE FOR CROSS COUNTRY 2010

Stanford Cross Country Invitational Saturday, September 25, 2010

The 37th edition of the Stanford Cross Country Invitational co-hosted by Palo Alto High School will be on September 25, 2010. Once again, the serene Stanford Golf Course will serve as the setting for 14 exciting races of high school and college competition. With rolling hills and more than 300 oak trees, the course is both challenging and picturesque. At the conclusion of the day, nearly 4000 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.

FUTURE DATES FOR TRACK AND FIELD 2011

Stanford Track and Field Invitational Friday, March 25th and Saturday, March 26th, 2011

The 38th Annual Stanford Track and Field Invitational will be held on Friday March 25th and Saturday March 26th! Our beautiful nine lane track, dual direction runways, and multiple throwing circles produce incredible results. The schedule is thoughtfully constructed to provide the best opportunity for performance. We have exciting events for all athletes in the jumps, throws and on the track. Make sure to be a part of the action! It's a meet you surely don't want to miss!