



The Inaugural Palos Verdes High School Track & Field Invitational

April 13, 2013

Information sheet revised April 8, 2013

With a brand new, state of the art Track & Field complex and ocean views, the Palos Verdes Invitational will be the perfect venue for PRs and strong competition in the full slate of "California 16" events. Also, we will proudly debut two novel events:

- ***The "PV Quadrathlon"!!*** *Aspiring Multi-Event athletes are invited to enter the 100/110 hurdles, the long jump, the shot put, and the 400m. Results will be scored against the multi-event tables and quadrathlon winners declared!*
- ***The "Sea King Sprint Medley"!!*** *100m – 300m – 200m – 200m rewards precise baton passing and balanced speed among all four legs.*

Meet website: www.pvhigh.com/athletics/pvinvoke.html

Meet contact: Coach Brian Shapiro, shapiro@pvpusd.k12.ca.us, 310 378 8471 x716

Entries: On episports. Deadline 12:00 noon Pacific Time, April 7, 2013

Divisions: Boys F/S & Varsity, Girls F/S & Varsity

Entry Fee: \$100 per division up to a maximum of \$300 per school, or \$15 per individual / relay

Checks payable to: Palos Verdes High School, 600 Cloyden Road, Palos Verdes Estates, CA 90274 (Attn: Coach Brian Shapiro).

AWARDS

Championship T-Shirt to overall winner in each event; large medals to top three overall in each event; also medals to all heat winners.

Large trophies to Boys Athlete of the Meet and Girls Athlete of the Meet, the Boys and Girls Quadrathlon winners, and to overall winning teams based on standard NFHS scoring.

OTHER LOGISTICS

Spectator admission \$5.

Programs \$2.

Concessions and Facilities: Full concession stand and outside vendors throughout the day. There are also a small market and mini-mall in the adjoining neighborhood. Restroom facilities are adjacent to the stands and the locker rooms (located 150m away) will also be open.

Warm up and check in area: Athletes should please warm up and check in on the turf field opposite the 200 meter start. *Please instruct your athletes and spectators to stay off the grass baseball and softball fields west of the track as they are not available for our use.*

Discus Ring: Please note that the discus ring is off-site (roughly seven to ten minute walk from the track complex). Details will be provided at the coaches meeting the morning of the meet.

Spikes: 3/16" or smaller, please.

T-Shirts: \$10, available while supplies last.

Canopies: Allowed on the blacktop adjoining the track, in the visitors stands, and along the top of the home (press box side) stands.

Location & Directions: The track complex is located at the south end of Palos Verdes High School, at the intersection of Epping Road and Via Pacheco in Palos Verdes Estates. It is recommended that buses drop athletes off at that intersection and seek street parking at the bottom of Epping Road or on Paseo del Mar (where Epping Road comes to a T). Automobile parking should be available around the border of the school on Via Pacheco, Epping Road, or Paseo del Mar. From destinations outside the South Bay, recommended directions are to get to the 110 freeway southbound and exit the 110 freeway at Pacific Coast Highway and proceed west to Hawthorne Boulevard. South on Hawthorne Boulevard to Palos Verdes Drive North. Right on Palos Verdes Drive North and follow it through Malaga Cove where it turns into Palos Verdes Drive West. Stay on Palos Verdes Drive West to the plaza at Yarmouth Road. Right on Yarmouth Road. Right on Via Pacheco to the track at Epping Road.

FINAL SCHEDULE OF EVENTS

Track Events

9:45	Coaches meeting
10:00	Open / Community 1600m (one or two heats TBD)
10:20	Opening Ceremony
10:30	BFS 4x100 (Invite Heat Only)
10:35	GFS 4x100 (Invite Heat Only)
10:40	GV 4x100 (Invite Heat Only)
10:45	BV 4x100 (Invite Heat Only)
10:50	BFS 1600m (Invite and Open Heats)
11:10	GFS 1600m (Invite Heat Only)
11:20	GV 1600m (Invite Heat Only)
11:30	BV 1600m (Invite and Open Heats)
11:55	GFS 100mh (Invite Heat Only)
12:00	GV 100mh (Invite and Open Heats)
12:15	BFS 110mh (Invite Heat Only)
12:20	BV 110mh (Invite and Open Heats)
12:30	Coaches / Alumni / Parents 4x100m
12:40	BFS 400m (Invite and Open Heats)
12:47	GFS 400m (Invite and Open Heats)
12:55	GV 400m (Invite and Two Open Heats)
1:08	BV 400m (Invite and Two Open Heats)
1:20	BFS 100m (Invite & Three Open Heats)
1:34	GFS 100m (Invite & Two Open Heats)
1:45	GV 100m (Invite & Two Open Heats)
1:56	BV 100m (Invite & Three Open Heats)
2:10	BFS SMR (100m-300m-200m-200m) (Invite Heat Only)
2:16	GFS SMR (Invite Heat Only)
2:23	GV SMR (Invite Heat Only)
2:29	BV SMR (Invite Heat Only)
2:35	BFS 800m (Invite Heat Only)
2:42	GFS 800m (Invite Heat Only)
2:50	GV 800m (Invite & Open Heats)
3:00	BV 800m (Invite & Two Open Heats)
3:20	GFS 300mh (Invite & Open Heats)
3:28	GV 300mh (Invite & Open Heats)
3:35	BFS 300mh (Invite Heat Only)
3:40	BV 300mh (Invite & Open Heats)
3:55	BFS 200m (Invite & Three Open Heats)
4:10	GFS 200m (Invite & Two Open Heats)
4:22	GV 200m (Invite & Three Open Heats)
4:38	BV 200m (Invite & Three Open Heats)
4:54	Combined GV / GFS 3200m (Invite Heat Only)

5:15 Combined BV / BFS 3200m (Invite Heat Only)
5:30 BFS 4x400 (Invite Heat Only)
5:38 GFS 4x400 (Invite Heat Only)
5:47 GV 4x400 (Invite Heat Only)
5:55 BV 4x400 (Invite Heat Only)

Field Events

(Three attempts per athlete in SP, Discus, LJ, TJ)

10:30 BFS & BV Shot Put (two rings); GFS then GV Discus
BFS (open at 4'10"), then BV High Jump (open at 5'4")
GFS / GV Pole Vault (concurrent, opening 7'0")
All Divisions Long Jump (two open pits)
10 am open for run-throughs / marks
10:30-12:00 open pits for FS boys & girls
12:00-1:40 open pits for varsity boys & girls
Accommodations will be made for conflicts with other events

2:00 GFS / GV Shot Put (two rings); BFS then BV Discus
GFS HJ (open at 3'8"), then GV HJ (open at 4'2")
BFS (open at 8'0"), then BV Pole Vault (open at 10'0")
All Divisions Triple Jump (two open pits)
1:40 pm open for run-throughs / marks
2:00 pm – 3:15 pm open for FS boys & girls
3:15 pm – 5:00 pm open for varsity boys & girls
Accommodations will be made for conflicts with other events