

2024 Santa Rosa Twilight Invitational

Co-hosted by Maria Carrillo High School and Santa Rosa Junior College at SRJC Bailey Field Stadium (4/11/24)



Date: Saturday, April 13, 2024

Location: Santa Rosa JC Bailey Field, 1501 Mendocino Ave. Santa Rosa, CA 95401

Time: ~~10:00 AM~~ for ALL FIELD EVENTS, ~~12:00~~ **11:00 AM** for OPEN RUNNING EVENTS. ~~6:15~~ **7:00 PM** for INVITE RUNNING EVENTS

LIVE RESULTS HERE PROVIDED BY QUICK LIZARD TIMING: <http://highspeedtiming.com/>

Meet Format:

- We will run a normal order of events schedule; heats will run slow-to-fast, so each heat should be competitive.
- UNLIMITED entries only for the OPEN 100, 400 and 1600; all other events entries are limited. (see below)
- Top overall ~12 athlete seed times for DISTANCE events (800, 1600, 3200) and top overall 8 seed times for every SPRINT event will compete in **INVITATIONAL SECTION STARTING AT ~~6:15~~ 7:15 PM.**

Schedule of ALL Field Events (For LJ and TJ, we'll have two pits going at the same time):

10:00 AM	Boys Discus (Flight: Long Distance Marks first!)	Girls Shot Put	
Noon	Girls LJ (Pit #1)	Boys LJ (Pit #2)	Girls HJ
2:00 PM	Girls Discus	Boys Shot Put	
3:00 PM	Girls TJ (Pit #1)	Boys TJ (Pit #2)	Boys HJ
6:00 PM	Girls Pole Vault		
7:30 PM	Boys Pole Vault		

~~11:30~~ **10:00 AM:** 2K Co-Ed (30" hurdle height) Exhibition Steeple Chase (**two Heats, Boys 36" height + Girls 30" height**):
Meet at ~~11:00~~ **9:45 AM** meet at water pit for brief clinic/instructions.

~~12:00~~ **11:00 AM** Order of OPEN RUNNING EVENTS follows a "rolling schedule":

- 4x100 Relay:** Open girls followed by Open boys. (Limit 3 entries per school/per gender)
- 1600m:** Open girls (unlimited) Open boys (unlimited)
- 100H/110H:** Open girls, Open boys (varsity heights) (limit 4 entries per school/per gender)
- 400m:** Open girls (unlimited) Open boys (unlimited)
- 100m:** Open girls (unlimited) Open boys (unlimited)
- 800m:** Open girls, Open boys, (limit 4 per school/per gender)
- 300H:** Open girls, Open boys, (limit 4 per school/per gender)
- 200m:** Open girls, Open boys (limit 4 per school/per gender)
- 3200m:** Open girls, Open boys, (limit 4 per school/per gender)
- 4x400 Relay:** Open girls, Open boys (limit 3 per school/per gender)

~~~6:00~~ **7:00 PM** School Mascot 100m dash challenge (Time Permitting)

INVITE RUNNING EVENTS Schedule (top 8 times entered for sprints, top 12 for 800, 1600, 3200) ~~6:15~~ **7:15 PM** Start:

|                    |                   |                  |                    |                   |                  |
|--------------------|-------------------|------------------|--------------------|-------------------|------------------|
| <u>4x100 Relay</u> | Girls <b>7:15</b> | Boys <b>7:19</b> | <u>1600m</u>       | Girls <b>7:24</b> | Boys <b>7:33</b> |
| <u>100H/110H</u>   | Girls <b>7:42</b> | Boys <b>7:47</b> | <u>400m</u>        | Girls <b>7:55</b> | Boys <b>7:59</b> |
| <u>100m</u>        | Girls <b>8:06</b> | Boys <b>8:10</b> | <u>800m</u>        | Girls <b>8:15</b> | Boys <b>8:19</b> |
| <u>300H</u>        | Girls <b>8:25</b> | Boys <b>8:30</b> | <u>200m</u>        | Girls <b>8:36</b> | Boys <b>8:39</b> |
| <u>3200m</u>       | Girls <b>8:44</b> | Boys <b>8:59</b> | <u>4x400 Relay</u> | Girls <b>9:13</b> | Boys <b>9:22</b> |



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**and Santa Rosa Junior College**  
**at SRJC Bailey Field Stadium (Released 4/11/24)**



BUY TICKETS  
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MARIA CARRILLO HIGH SCHOOL



TWILIGHT INVITE  
APRIL 13, 2024 | 09:00 AM



**General Admission: Fee = \$5 per person, Only GoFan / Cash accepted at both Main Gates.**

**Team Entry Fee:** \$15 per athlete/\$15 per relay, or \$275 for entire team, whichever is less.

Checks payable to MCHS PAB at Packet pick-up (Coaches can pick-up Team packets at **West East Bleachers / Main Entrance**).

**Field Events Details:**

- **All field events capped at 40 entries. Each school is guaranteed entries for 2 per gender for each event.**
- **If additional slots are available, we filled those slots with additional entries based on best marks entered.**
- **3 jumps/throws per athlete.**

**Weigh-ins:** Implement weigh-in 9:00 am - 2:00 pm at track shed under bleachers, near shot put area / south-east corner of track facility.

**Athlete Check-in Instructions:** All athletes in the running events must check in at the Bull-Pen 30 minutes prior to the start of their event (located on the infield at the south end of the track, near football endzone) for heat and lane # assignments. All Running athletes will need hip #s. Final call will take place 20 minutes prior to the event start time. Athletes that fail to check in by Final Call deadline will be scratched. Field event competitors should check in at the event site 30 minutes prior to their event start time.

**Field and Track Access:** Only participating athletes are allowed inside the fence that borders the track and Coaches with an infield pass. Spectators and non-participating athletes will be asked to remain outside the fence. DO NOT disturb officials at the timing station and do not cross into taped-off areas for Discus on the infield.

**Awards:** Shirts with "HEAT WINNER" printed on back to the top finisher in EVERY Heat or Field Event Flight.

**Misc.:**

- **No Snack Bar! Food Truck (Tri Tip Trolley) + Chick-Fil-A sandwiches for sale (while supplies last)! Snack bar will be open from 12-8PM.**
- Spikes not to exceed 3/8" in length.
- **Twilight Invite T-shirts for sale (\$12 each)**

For more information contact:

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