

The Big Dual Invitational

Saturday, March 7, 2009

Welcome to this year's 4th Annual Big Dual Invitational hosted by Vista High School. This year we are making a couple changes to the format of the meet. We will have two divisions/meets. The morning secession will start at 8:00am and will be all the Division 1&2 size teams, the afternoon secession will start at 1:00pm and is for all the Division 3&4 size teams. There will be a DMR relay for any teams – pricing will be available for these teams that only want to run a DMR team. For those entering a full team in one of the Divisional Meets you will get up to two teams automatically for both the boys and girls race. This is optional you don't have to run anybody or just run 1 team if you want. I am proud to announce that all the entries will be done through episports.com. There you will enter all your athletes and then everything will be seeded come race time. I hope all this information helps please feel free to contact me if you have any questions. My contact info is listed below.

Location: Vista High School: Time 8:00 am – 5:00 pm

Divisions: Varsity Boys and Varsity Girls

Entry Fee: \$250.00 per school (includes boys and girls entry).

Awards: Trophies for boys and girls team champions and runner-ups.
Medals will be awarded to the top three finishers in each race/flight.

Races: We will run the dual meet schedule with 3 heats of each laned race and 2 heats of each distance event. Each school will enter their top three in each event. In heat # 1 each school enters their # 1 athlete, heat # 2, athlete # 2 etc...

Field

Events: The horizontal jumps and throws will be run in three flights.
In flight # 1 each school enters their # 1, flight # 2, athlete # 2 etc...

The vertical jumps will be run with # 3 first and # 1 & 2 to follow

Scoring: Each Heat and flight will be scored out as follows: 10, 8, 6, 4, 2, 1 for 1st –6th place respectively. The vertical jumps will score #1 jumpers for each school as a separate flight, #2 separately etc.

This year we will only score # 1 – 2. The third heat or flight will still medal but will not be included in the team scoring.

Facilities: Vista has a 10 lane all weather track; spikes should be 3/16 or smaller. Spikes will be checked at the gate and we will have 3/16 sets available for \$1.00.

Note to Coaches:

- You have 3 athletes in every event.
- This year the vertical jumps will be run with # 3 first with 1&2 to follow.
- The horizontal jumps and throws will get 4 jumps each.
- If you have an unusually deep squad in an event you may fill any open lanes or field event that has an opening,
- You may not enter someone in a lower heat if you have not filled the previous heats.
- All field event athletes will sign in at their event.
- Clerk of the course will be at north end of field near the staging area. Athletes need to check in prior to third call. Any open lanes after third call will go to extra athletes from other teams.

Field Events:

- **Pole Vault:** The boy's pit is under the scoreboard off the infield (south end). The girl's pit is in the south end zone of the football field.
- **High Jump:** Both pits are in the north end zone of the football field, boys are the west pit, girls are the east pit.
- **Long/Triple Jump:** 2 runways in the south end zone are girls. 2 runways on north end outside of the track are boys.
- **Shot put:** Is located on the south end outside of the track.
- **Discus:** Both rings are up on the softball field (east of the track). Boys is on the south end girls are on the north end.

- If you have any questions you can reach me at:

(760) 726-5611	School
(760) 941-3451	Home
(714) 743-1357	Cell
twsybert@gmail.com	Email

Entry

Deadline: Entry forms must be received by Wednesday, March 4th. First come first serve for all available spots. *Please make payments to Vista High School.*

Mail Entries To: Trevor Sybert Vista High School, 1 Panther Way, Vista CA, 92084

Team Entries

School _____

Coaches Name _____

School Phone # _____

Coaches Phone # _____

_____ High School is planning to attend The Big Dual Invitational on Saturday, March 8th.

The entry fee of \$250:

- is enclosed
- will be paid on the day of the event

Coaches Signature _____

Athletic Directors Signature _____