



### Meet Program and Approximate Schedule 2020

The start times are firm, highlighted in yellow, and correspond with the beginning of the meet. All other start times are approximate.

#### Track events

Event	Number of entries	Approximate number of heats	Predicted start time
Girls 1600	42	2	4:00
Boys 1600	109	5	4:20
Girls 400	65	8	5:00
Boys 400	143	16	5:20
Girls 100	119	14	5:50
Boys 100	181	21	6:10
Girls 800	70	4	6:35
Boys 800	114	6	7:00
Girls 200	140	16	7:40
Boys 200	221	25	8:15

### Field events

Event	Number of entries	Number of flights	Predicted start time
Girls shot put	19	2	4:15
Boys discus	26	2	4:00
Girls discus	18	1	5:15
Boys shot put	34	3	5:30
Girls long jump	29	2	4:15
Boys long jump	48	3	6:00
Girls triple jump	16	2	5:30
Boys triple jump	25	2	4:15
Girls pole vault	13	--	4:15
Boys pole vault	17	--	4:15

### **Additional Meet Information**

Thank you for your interest in the fourth annual Sunset Invitational, which is scheduled for Friday afternoon, March 6, 2020, at Kezar Stadium in San Francisco's Inner Sunset District. We're fired up to have you and your teams participate in our meet, and we aim to make it an experience you'll want to repeat for years to come. Most of the information contained in this flyer is also available on our website: [www.sunsetinvitational.com](http://www.sunsetinvitational.com).

### Packet pick up and entry fees

Please pick up your packet at the far end of the home stretch. Thank you for sending your check ahead or bringing it to the meet. Athletes will check in for their races and receive their hip numbers in the same location.

### Start and finish schedule

Currently, about 740 athletes from 23 schools are entered. The track will be available for warm up by 3:00 PM, though competition won't begin until 4:00 PM. We're aiming to end the meet at about 9:00 PM and possibly earlier.

### FAT timing

Timing is being provided by Record Timing; complete results will be posted at <https://www.rttimingsolutions.com/results.html> during the meet and at [www.sunsetinvitational.com](http://www.sunsetinvitational.com) after the meet.

### Rules and regulations

We'll be competing under NFHS rules.

## Implements

At the request of the Arcadia Invitational and other meets for which athletes must qualify, we're weighing and impounding implements in 2020. Please bring any shots and discs you'd like to throw in warm up or competition to the weigh-in table for certification. If they make weight, your implements will be held until the start of competition:

Boys discus = 1.6 kg

Girls discus = 1 kg

Boys shot = 12 lbs

Girls shot = 4 kg

For any teams coming to us from outside the North Coast Section, we don't have lighter implements for freshmen/sophomores or JV athletes. All boys must throw the 12-lb shot!

## Spikes

Please have your athletes wear 1/4" pyramid spikes or smaller to protect the Mondo surface at Kezar Stadium.

## Field events and flights

The long jump will be held in the western pit on the north side of the track; the triple jump will be held in the eastern pit. Both pits will be available at 3:15 for warming up. We'll start competition at 4:00 with girls long jump and boys triple jump. Boys long and girls triple will follow at roughly 6:00. There will be a second opportunity to warm up between flights. Flights will be about 10-15 athletes in size. Each athlete will get four trials; there will be no finals. The number of flights is small, so the events should move quickly. Clear announcements will be made regarding the progress of both events. For the triple jump, please expect the following boards: 32', 28', and 24'.

For the throws, we'll begin with boys discus and girls shot put with warm up at 3:30 and competition at 4:00 and 4:15, respectively. When these events conclude, we'll flip flop. There will be a second opportunity for warm up when the events flip flop. Again, listen for announcements. As in the jumps, flights will be about 11-15 athletes, and each athlete will get four trials with no finals. Please note that shot put will be held in the ring on the north side of the stadium (farther away from the press box). Also, the discus ring is outside and to the west of the stadium (just a few minutes walk away).

The pole vault is set for the skirt at the west end of the stadium. Athletes may begin warming up as early as 3:30 with competition at 4:15 or so.

### Track events and heats

Kezar Stadium has a nine-lane track. For the events run in lanes (100, 200, 400), we'll use every lane, including 1 and 9. Heats will be seeded from slowest to fastest and in serpentine fashion with the fastest athlete positioned in lane 5. For the 800 and 1600, ALL heats will start as single waterfalls. Girls will compete first, followed by boys, in each event. An approximate schedule is above. Please be aware that we will move through the meet as efficiently as possible, so the schedule is just approximate and may be earlier than indicated. All events will be called by the announcer three times; please have your athletes check in with the clerks (positioned at the far end of the home stretch) at the first call or earlier. Check in will open at 3:15.

Athletes will be assembled near the starting line TWO heats before their own. They'll move to the concrete skirt near the start line ONE heat before their own. The starter will not wait for any late or inattentive athletes -- please encourage your kids to be mindful of which heats they're competing in and where they're supposed to be.

### Warming up

**Athletes are NOT allowed on the infield at Kezar Stadium at any time. Please instruct your athletes to stay off the infield.**

Athletes can warm up on the upper track (which is approximately 0.4 mile in length) and on the high jump skirt (which is located on the west end of the infield).

### Awards

Medals will be awarded three deep for boys and for girls in each event. Awards will be assembled into envelopes for each team and made available after the meet.

### Cleaning up

Please help us to clean up after the meet! Your meet packet contains a garbage bag for this purpose!