

# Glenn Poole Invitational

## Saturday, April 4, 2009

We are thrilled to announce that Oakmont High School is holding its 6th Annual Glenn Poole Invitational!

Our facilities include a newly resurfaced all-weather 9 lane track with full automatic timing. For the field events we feature two pole vault and high jump pits, two long jump pits and two throwing areas. In order to keep the meet at a reasonable size, approximately 25 schools will be accepted on a first come-first served basis.

**Format:** We will offer the standard track and field events in all three divisions. In the JV Boys and Varsity Boys divisions each school will be allowed three (3) entries in each event, except the 1600m and the 3200m in which 4 entries will be allowed. In the Varsity Girl division four (4) entries per event will be allowed. Schools will still only be able to enter one team per relay. We will also be adding a non-scoring big man 400m relay before the 1600m relays.

**Kids Half-Lapper:** In between 100m and 3200m, will be our kids' half-lapper. This is free to enter for all kids 10 and under. A ribbon will be awarded to each finisher.

**Awards:** Medals will be awarded to the top three (3) overall finishers in each event. Plaques will be awarded to the top school and individual performer as voted on by the coaches in each classification.

**Entry Process:** The first 25 schools to request a password on ezmeets.com will be able to compete in our meet. If you need any additional information you can contact Roosevelt Kent at [rkent@rjuhsd.us](mailto:rkent@rjuhsd.us) or Mark Morrison at [MSMZAPPA@aol.com](mailto:MSMZAPPA@aol.com).

**Entry Fees:** Fees are due by March 31, 2009. No team will be allowed to compete without paying before the meet.

### Entry Fees:

3-Divisions-\$225

2-Divisions-\$175

1-Divisions-\$100

### **Make checks payable to:**

Oakmont HS Track  
1710 Kirby Way  
Roseville CA 95611  
Attention: Coach Morrison

**Come and be a part of what's sure to be a great meet!**

# Glenn Poole Invitational

***Races begin at 9:30 am***

*Varsity Boys 110 HH*

JV Boys 110 HH

Varsity Girls 100 LH

JV Boys 1600

JV Boys 4 x 100

Varsity Girls 4 x 100

Varsity Boys 4 x 100

Varsity Girls 1600

Varsity Boys 1600

JV Boys 400

Varsity Girls 400

Varsity Boys 400

JV Boys 100

Varsity Girls 100

Varsity Boys 100

## **KIDS HALF-LAPPER**

JV Boys 3200

Varsity Girls 300 LH

JV Boys 300 LH

Varsity Boys 300 LH

JV Boys 800

Varsity Girls 800

Varsity Boys 800

JV Boys 200

Varsity Girls 200

Varsity Boys 200

Varsity Girls 3200

Varsity Boys 3200

JV Boys 4 x 400

Varsity Girls 4 x 400

Varsity Boys 4 x 400

***Field Events begin at 8:30am***

**Long Jump:                    4 Jumps - No Finals**

8:30am – 10:30am    V Girls Open Pit (1)

8:30am – 10:30am    V Boys Open Pit (2)

11:00am – 1:00pm    JV Boys Open Pit (1)

**Triple Jump:                    4 Jumps - No Finals**

11:00am – 1:00am    V Girls Open Pit (2)

1:30am – 3:30am      JV Boys Open Pit (1)

1:30pm – 3:30pm      JV Boys Open Pit (2)

**Shot Put:                    4 Throws - No Finals**

8:30am                  V Girls                  @ Ring (1)  
*Followed by*          V Boys

JV Boys                  @ Ring (2)

**Discus:                    4 Throws - No Finals**

8:30am                  Varsity Boy            @ Ring (1)  
*Follow by*              V Girls

JV Boys                  @ Ring (2)  
*Following Shot Put*

**High Jump**

8:30 am                  Varsity Girls @ Pit (1)  
*Followed by* Varsity Boys

JV Boys                  @ Pit (2)

**Pole Vault**

8:30 am                  JV Girls *followed by*  
JV Boys                  @ (1)  
V Girls *followed by*  
V Boys                  @ (2)

**Field Events may start sooner than indicated**