



# WBAL Meet #1

The entry deadline for entries is:

**Sunday, March 22nd at 10pm**

## Team Entry Limits:

100m through 800m	5 athletes
1600m & 3200m	6 athletes
4x100 & 4x400	2 teams/relay
Field events:	Unlimited.

Throws & Horizontal Jumps: Only 3 throws or jumps

High Jump:

Girls Starting Height: 3'10"

Boys Starting Height: 4'6"

The running event heats will be seeded from slowest to fastest.

## Duties for all the participating schools:

Discus	The King's Academy
Shot Put	Mercy SF
Long Jump	Notre Dame
Triple Jump	Crystal Springs Uplands
High Jump	Priory
Extra Timers:	
	Eastside Prep
	St. Lawrence Academy

Coach's scratch meeting at the starting line at 3:15pm.

There is construction taking place at College of San Mateo. Check out the following map to show you where you can park. Lot 14 is your best option but it's possible that parking lot could fill up quickly.

[http://collegeofsanmateo.edu/map/images/SP09\\_CSM\\_1\\_14\\_web\\_map.pdf](http://collegeofsanmateo.edu/map/images/SP09_CSM_1_14_web_map.pdf)

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