



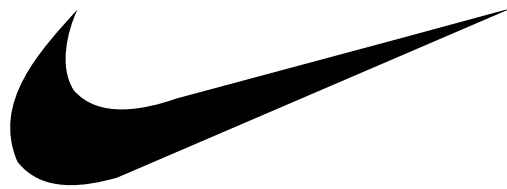
# Stanford

## TRACK & FIELD

# INVITATIONAL

March 25-26, 2005

Cobb Track and Angell Field



PRESENTED BY HOTEL SOFITEL

High school events co-hosted by Palo Alto and Gunn High Schools

**DIRECT ALL COMMUNICATION TO**

Meet Director

Stanford Track & Field Invitational

641 East Campus Drive

Stanford, California 94305-6150

(650) 723-2736

FAX (650) 725-0758

*[gostanford.com](http://gostanford.com)*

Dear Coach,

On Friday, March 25 and Saturday, March 26, Stanford University will host the 2005 Nike Stanford Track & Field Invitational in conjunction with Palo Alto and Gunn High Schools. Cobb Track and Angell Field, our nationally acclaimed facility, features nine 48 inch lanes, multiple dual-direction runways for all of the jumps, and no less than five separate sites for the throwing events. The entire track was resurfaced in August of 2003. Cobb Track and Angell Field is specifically designed to take advantage of any favorable wind conditions and it will provide your athletes with the best opportunity for outstanding performances.

The Nike Stanford Track & Field Invitational presented by the Hotel Sofitel has been created to offer great competition in an exciting format. We have listened to your feedback and have made some big improvements. Your athletes will enjoy the schedule and our state-of-the-art video scoreboard.

Our schedule has been set to meet the needs of both college and high school programs. At the 2004 Stanford Invitational, more than 100 athletes achieved NCAA regional or automatic qualifying standards. Countless others bettered the NCAA Division II and III standards or achieved conference qualifying marks. Friday afternoon will feature a limited number of running events and field events. We will conduct the college/open distance races under the lights on Friday night, and the conditions for these races should be ideal for fast early season marks. On Saturday, we will offer the remaining college events in a tight three-hour format specifically created to highlight your athletes' performances.

Last year our high school competition was fantastic. We had great awards and exciting events for all athletes in the jumps, throws, and on the track. We have highlighted some High School events within our featured college schedule. Additionally, based upon the input from many of you, we added a Trial round for athletes in the 100m, and the 100m/110m Hurdles in order to provide the fairest competition. We are excited by this new format and hope you share our enthusiasm for showcasing these top athletes.

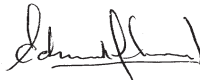
Please read all of the enclosed information carefully, and do not miss our entry deadlines at EZMeets.com. We do not anticipate being able to accommodate ANY late entries this year.

If you have any questions please email our Meet Director, Greg Muniz, at [gmuniz@stanford.edu](mailto:gmuniz@stanford.edu). We look forward to welcoming you and your athletes to Cobb Track and Angell Field for another outstanding meet.

Sincerely,



Robert Weir  
Head Men's Track & Field Coach



Edrick Floreal  
Head Women's Track & Field Coach

## **Additional Meets at Cobb Track and Angell Field** Information available on the Track & Field page at [gostanford.com](http://gostanford.com).

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### **STANFORD SPRING OPEN • SUNDAY, MARCH 6, 2005**

Spring meet that will provide collegiate and open athletes of all levels an opportunity to test their early season conditioning. Competitive fields will be assembled in nearly every track and field event.

### **CARDINAL TRACK & FIELD INVITATIONAL • SUNDAY, MAY 1, 2005**

In just nine years, the Cardinal Invitational has developed into one of the premier track and field meets of the outdoor season. Hundreds of elite college and international athletes compete under the lights before a sold out Cobb Track and Angell Field stadium. In 2001, Meb Keflezighi set the American record in the men's 10,000 meters with a time of 27:13.98 and winner Abraham Chebii of Kenya ran the fastest 10,000 meters ever on American soil at 27:04.20. In 2002, Deena Drossin set an American record in the women's 10,000 meters with a time of 30:50.32. Last year, 15 Olympic A-qualifying standards were achieved in the men's and women's 5000 and 10,000 meters. The 2005 Cardinal Invitational will be a major qualifying meet for the U.S. National Championships in the middle distance and distance events. Expect many of these events to be run at the IAAF World Championship qualifying standards.

### **PAYTON JORDAN U.S. OPEN • MONDAY, MAY 30, 2005**

This nationally televised IAAF Grand Prix II meet at Stanford University is one of the top track and field events in the world. The star-studded event attracts the world's most elite Olympic caliber athletes. At last year's meet, Olympic silver medalists Maurice Greene and Toby Stevenson took top honors in the 100 meters and pole vault, respectively. Expect a sellout crowd for this prestigious event. Please call 1-800-STANFORD for tickets.

# STANFORD TRACK & FIELD INVITATIONAL

## GENERAL INFORMATION FOR COLLEGE/OPEN EVENTS

### HOW TO ENTER

- All entries must be completed at EZMeets.com.
- If you DO NOT have a password, fax the enclosed registration form to the Stanford Office at (650) 725-0758.
- Complete entries online at EZMeets.com by **7:00pm PST on March 15**. Be sure to follow all instructions at EZMeets.com.
- Declare accepted athletes online at EZMeets.com between **7:00pm PST on March 18** until **7:00pm PST on March 21**.
- Entry fees must be received by **5:00pm PST on March 22**.

### ENTRY DEADLINE

- All entries must be completed online at EZMeets.com by **7:00pm PST on March 15**. You will need a password to enter your athletes on EZMeets.com.
- We will **NOT** accept telephone or faxed entries.
- Schools may not enter more than 3 athletes in an event without prior approval from the Meet Director, Greg Muniz.
- Please note the minimum measurements and opening heights listed on the Schedule of Events. They will be followed.

### MANDATORY DECLARATION PROCESS

- A list of accepted entries will be posted to [gostanford.com](http://gostanford.com) by **7:00pm PST on March 18**.
- In order to establish appropriate sections/flights, ALL athletes must be declared or scratched.
- Declarations will take place online at [EZMeets.com](http://EZMeets.com) from **7:00pm PST on March 18** until **7:00pm PST on March 21**. Any athlete NOT declared by the deadline will automatically be scratched from the meet.

### ENTRY CONFIRMATION PROCEDURE

- We will attempt to accept all college entries submitted by the deadline and place them into appropriate sections or flights. Because of limits on field sizes, we **cannot** guarantee that an entry will be accepted. Schools may not enter more than 3 athletes in an event without prior approval from the Meet Director, Greg Muniz ([gmuniz@stanford.edu](mailto:gmuniz@stanford.edu)).
- Please be aware of the published opening heights and minimum measuring distances before entering your athletes.
- We will accept a LIMITED number of open athletes to enhance our fields. All open athletes must have met the published entry standards in 2004 to be **considered** for acceptance.
- LATE entries will be accommodated only if space is available in a given event. If a late entry is accepted, a late fee of \$10 per person per event will be added.
- Confirmation of entry acceptance or rejection will be posted to [gostanford.com](http://gostanford.com) by **7:00pm PST on March 18**.
- Updates and changes will be posted on [gostanford.com](http://gostanford.com) after **7:00pm PST on March 18**. Check this website for updates or changes in the days prior to the meet.

### PRACTICE SCHEDULE ON MARCH 24

- The facility will be available to College/Open athletes ONLY for practice on March 24 at designated times ONLY. Please refer to the practice schedule at the end of the packet. To assure the safety of all athletes, practice times will be strictly enforced. Headphones are NOT permitted at any time inside the facility.

### ENTRY FEES AND PAYMENT PROCEDURE

- Your entry fee is calculated based upon the status of your entries at **7:00pm PST on March 15**. *There are no refunds for athletes not accepted or that are scratched after the entry deadline.*
- Entry fees must be received by **5:00pm PST on March 22**.
- **Individuals:** \$10 per person per event entered
- **Relays:** \$15 for each relay team entered
- Entry fees will be capped at a maximum of \$250 per gender.
- Please make checks payable to **Stanford Invitational**.
- Send the entry receipt from the EZMeets website and fees to:  
Meet Director  
Stanford Track & Field Invitational  
641 East Campus Drive  
Stanford, California 94305-6150
- **There will be no refunds for entries not accepted.**
- Please send your entry fees by Overnight Mail.

### ENTRY STANDARDS FOR OPEN ATHLETES

- It is our hope to accept a LIMITED number of entries of open athletes to enhance the quality of our fields. Entry is **NOT** guaranteed.
- Open athletes must have met the standards listed below in 2004 in order to be **considered** for acceptance. There will be **NO** exceptions.
- **NO** entries will be accepted on the day of the meet.
- Meet management reserves the right to limit the entry of open athletes in an event due to field size.

Running Events	Men	Women
100m	10.50	11.90
200m	21.44	24.64
400m	47.50	56.00
110/100m Hurdles	14.30	14.20
400m Hurdles	53.50	63.00
800m	1:53	2:12
1500m	3:52	4:30
3000m Steeplechase	8:59	10:30
5000m	14:05	16:50
10,000m	29:10	34:40

Field Events	Men	Women
Shot Put	54' 0"	46' 0"
Discus	170' 0"	150' 0"
Hammer	185' 0"	130' 0"
Javelin	195' 0"	145' 0"
Long Jump	24' 10"	20' 0"
Triple Jump	50' 0"	41' 0"
High Jump	7' 0"	5' 8"
Pole Vault	17' 0"	13' 0"

### INFORMATION FOR B SECTIONS

- Athletes in the B section of the Long Jump and Triple Jump will receive 4 jumps ONLY.
- Athletes in the B section of the Shot Put, Discus, and Hammer will receive 4 throws ONLY.
- Awards will not be presented to athletes in the B section.

# STANFORD TRACK & FIELD INVITATIONAL

## GENERAL INFORMATION FOR HIGH SCHOOL EVENTS

### HOW TO ENTER

- All entries must be completed at EZMeets.com.
- If you DO NOT have a password, fax the enclosed registration form to the Stanford Office at (650) 725-0758.
- Complete entries online at EZMeets.com by **7:00pm PST on March 14**. Be sure to follow all instructions at EZMeets.com. Schools may NOT enter more than 3 athletes in an event and no more than 1 relay team in an event. Substitutions after the entry deadline are not permitted.
- Check [gostanford.com](http://gostanford.com) at **7:00pm PST on March 18** for a list of accepted entries.
- Entry fees or proof of a requested payment from your high school must be received by **5:00pm PST on March 22**.

### ENTRY DEADLINE

- All entries must be completed online at EZMeets.com by **7:00pm PST on March 14**. You will need a password to enter your athletes on EZMeets.com.
- We will **NOT** accept telephone or faxed entries.

### ENTRY CONFIRMATION PROCEDURE

- Confirmation of entry acceptance or rejection will be posted to [gostanford.com](http://gostanford.com) by **7:00pm PST on March 18**. Please do NOT contact Stanford to ask if an entry was accepted.
- Please refer to the enclosed information on entry guidelines for help in determining if an athlete's entry is likely to be accepted.
- Please NOTE the enclosed information on field size limits for various events.
- LATE entries will be accommodated only if space is available in a given event. If a late entry is accepted, a late fee of \$10 per person per event will be added.
- Confirmation of entry acceptance or rejection will be posted to [gostanford.com](http://gostanford.com) by **7:00pm PST on March 18**.
- Updates and changes will be posted on [gostanford.com](http://gostanford.com) after **7:00pm PST on March 18**. Check this website for updates or changes in the days prior to the meet.
- **There will be no refunds for entries not accepted.**

### LIMITATIONS ON ENTRIES

- In order to achieve balanced field sizes, please note that schools will be limited to entering no more than 3 athletes in an event.
- Schools may NOT enter multiple relay teams in an event.
- If a school enters more than 3 athletes or multiple relay teams, the additional athletes and teams will be automatically rejected.
- Substitutions after the entry deadline are not permitted.

### VERIFICATION OF ENTRIES

- All entry performances must be verifiable by appearing on the best marks list of <http://caltrack.com/prep>. The entry committee will review performances before making decisions on which athletes have been accepted into the meet.
- An entry that cannot be verified on this website is NOT guaranteed and will be accommodated only if space permits.
- Coaches should send in their results from this year to Dan Cruz at [dvcross@sbcglobal.net](mailto:dvcross@sbcglobal.net).
- Non-California high school teams should email performance verification to [gmuniz@stanford.edu](mailto:gmuniz@stanford.edu).

### PACKET PICKUP

- All entry fees must be paid in full before your packet is issued.
- We will distribute the team packet to the first coach who arrives at the packet pickup booth. *This packet will contain the access credentials for the entire team.* Please make arrangements to meet your team at a designated location outside the complex to distribute these credentials if you are planning to arrive at different times. *We cannot hold the team packet at the packet pickup booth.*

### ENTRY FEES AND PAYMENT PROCEDURE

- Your entry fee is calculated based upon the status of your entries at **7:00pm PST on March 14**. *There are no refunds for athletes not accepted or that are scratched after the entry deadline has passed.*
- Entry fees or proof of a requested payment from your high school must be received by **5:00pm PST on March 22**.
- **Individuals:** \$10 per person per event entered
- **Relays:** \$15 for each relay team entered
- Entry fees will be capped at a maximum of \$250 per gender.
- Please make checks payable to **Palo Alto High School**.
- Send the entry receipt from the EZMeets website and fees to:  
Meet Director  
Stanford Track & Field Invitational  
641 East Campus Drive  
Stanford, California 94305-6150
- **There will be no refunds for entries not accepted.**
- Please send your entry fees by Overnight Mail.

### ENTRY GUIDELINES AND FIELD SIZE LIMITS

- Although we seek a large field, there must be guidelines to limit our fields to manageable sizes. *All field events will be limited to the Top 20.* The field size limits for running events are listed below.
- We will try to accept all entrants who meet the guidelines below so as not to exceed the field size limit for that event.
- Please note the opening heights and minimum measured distances listed on the Schedule of Events.
- The standards below are guidelines and DO NOT guarantee that an athlete will be accepted.
- For questions concerning high school standards and guidelines, please contact Paul Jones of Palo Alto High School at (650) 329-3961, or Ernie Lee of Gunn High School at (650) 623-0741.
- It is recommended that the following performances have been achieved in the 2004 season.

Running Events	Field Size	Boys	Girls
100m	Top 40	11.30	13.00
400m	Top 40	51.44	61.25
110/100m Hurdles	Top 40	15.60	16.94
400m Hurdles	Top 40	43.14	51.14
<i>(standard refers to time for 300m Hurdles)</i>			
Mile	Top 40	4:30	5:20
3000m	Top 40	9:50	11:45
<i>(standard refers to time for 3200m)</i>			
4 x 100m Relay	Top 40 teams		
4 x 400m Relay	Top 40 teams		
4 x 800m Relay	Top 20 teams		
Distance Medley Relay	Top 40 teams		

# STANFORD TRACK & FIELD INVITATIONAL REGISTRATION FORM

**FAX THIS FORM TO (650) 725-0758 TO RECEIVE A PASSWORD.**

**A PASSWORD WILL BE SENT BY EMAIL TO THE ADDRESS YOU LIST BELOW.**

**YOU WILL NOT BE ABLE TO ENTER ONLINE AT EZMEETS.COM WITHOUT A PASSWORD.**

High School Boys

High School Girls

College/Open Men

College/Open Women

**PLEASE CIRCLE THE APPROPRIATE SECTION(S) ABOVE**

**Team Name**

Coach's Name

Office Phone

Home Phone

FAX Phone

E-mail

**ALL CORRESPONDENCE AND UPDATES WILL TAKE PLACE VIA EMAIL.**

**PLEASE PRINT THE EMAIL ADDRESS TO WHICH ALL INFORMATION SHOULD BE SENT.**

Street Address

City, State, Zip

**PLEASE LEAVE THE FOLLOWING AREA BLANK.**

Password

## HOW TO ENTER THE STANFORD TRACK & FIELD INVITATIONAL

- Please read all of these instructions completely.
- ALL entries must be submitted online at EZMeets.com. Telephone and fax entries will NOT be accepted. We believe this process will limit mistakes and increase convenience.
- If you DO NOT have a password, fax the enclosed registration form to the Stanford Track & Field Office at (650) 725-0758 to receive your password.
- After receiving your Password, please visit EZMeets.com and follow the link for the Stanford Track & Field Invitational. Please follow all instructions on the site and always print an entry receipt at the end of your session.
- Complete entries online at EZMeets.com by *the deadlines published below*. You may make changes and additions to your entries until those deadlines.
- Check gostanford.com at **7:00pm PST on March 18** for a list of accepted entries.
- College/Open athletes **ONLY** must declare online at EZMeets.com between **7:00pm PST on March 18 and 7:00pm PST on March 21**. **There are NO declarations for High School athletes.**
- Submit entry fees to Stanford Track & Field Office by **5:00pm PST on March 22**.

**ALL entries must be completed online at  
EZMeets.com.**

**High School Entry Deadline - 7:00pm PST on Monday, March 14**

**College/Open Entry Deadline - 7:00pm PST on Tuesday, March 15**

# FRIDAY • MARCH 25 (TENTATIVE SCHEDULE)

*Please check for last minute schedule changes which may be necessary to accommodate field sizes.*

Women's	5000 Meters	Section #3	9:50am	(ONLY if needed)
Men's	5000 Meters	Section #4	10:15am	(ONLY if needed)
Women's	400 Meters	B sections	10:40am	
Men's	400 Meters	B sections	10:55am	
Women's	100 Meter Hurdles	Trials	11:10am	Top 9 times to Final on Saturday
Men's	110 Meter Hurdles	Trials	11:30am	Top 9 times to Final on Saturday
Women's	100 Meters	Trials	11:50am	Top 9 times to Final on Saturday
Men's	100 Meters	Trials	12:10pm	Top 9 times to Final on Saturday
Women's	800 Meters	B sections	12:30pm	
Men's	800 Meters	B sections	12:50pm	
Women's	1500 Meters	B sections	1:10pm	
Men's	1500 Meters	B sections	1:30pm	
Women's	200 Meters	B sections	1:50pm	
Men's	200 Meters	B sections	2:05pm	
Women's	400 Meter Hurdles	Final	2:20pm	
Men's	400 Meter Hurdles	Final	2:40pm	
High School Girls	Distance Medley Relay	Final	3:00pm	
High School Boys	Distance Medley Relay	Final	3:30pm	
High School Girls	100 Meter Hurdles	Trials	3:55pm	Top 9 times to Final on Saturday
High School Boys	110 Meter Hurdles	Trials	4:15pm	Top 9 times to Final on Saturday
High School Girls	3000 Meters		4:35pm	
High School Boys	3000 Meters		5:10pm	
High School Girls	100 Meters	Trials	5:40pm	Top 9 times to Final on Saturday
High School Boys	100 Meters	Trials	6:00pm	Top 9 times to Final on Saturday
Women's	3000 Meter Steeplechase	Section #1	6:40pm	Guideline for Section #1: 10:30 in 2004
Men's	3000 Meter Steeplechase	Section #2	7:00pm	
Men's	3000 Meter Steeplechase	Section #1	7:15pm	Guideline for Section #1: 9:00 in 2004
Women's	5000 Meters	Section #2	7:30pm	
Women's	5000 Meters	Section #1	7:50pm	Guideline for Section #1: 16:50 in 2004
Men's	5000 Meters	Section #1	8:10pm	Guideline for Section #1: 14:05 in 2004
Men's	10,000 Meters	Section #1	8:30pm	Guideline for Section #1: 29:20 in 2004
Men's	10,000 Meters	Section #2	9:10pm	
Women's	10,000 Meters	One section only	9:50pm	Field size limit: Top 35
Men's	5000 Meters	Section #2	10:30pm	
Men's	5000 Meters	Section #3	10:50pm	

***Note the opening heights and the minimum distances which will be measured.***

Men's	Javelin	Final	11:00am	Throws under 180' will NOT be measured.
Men's	Hammer • 4 throws ONLY	B section	11:30am	Throws under 150' will NOT be measured.
Men's	Shot Put • 4 throws ONLY	B section	11:45am	Throws under 45' will NOT be measured.
Men's	Long Jump	Top section	12:00pm	Jumps under 22' will NOT be measured.
Women's	Long Jump	Top section	12:15pm	Jumps under 17'6 will NOT be measured.
Men's	Pole Vault	B section	12:45pm	Opening height is 15' 1".
Women's	Pole Vault	B section	1:00pm	Opening height is 11' 4".
Women's	Shot Put • 4 throws ONLY	B section	2:00pm	Throws under 38' will NOT be measured.
Women's	Javelin	Final	2:00pm	Throws under 130' will NOT be measured.
Women's	Hammer • 4 throws ONLY	B section	2:00pm	Throws under 140' will NOT be measured.
Men's	Long Jump • 4 jumps ONLY	B section	2:15pm	Jumps under 22' will NOT be measured.
Women's	Long Jump • 4 jumps ONLY	B section	2:30pm	Jumps under 17'6 will NOT be measured.
High School Boys	Shot Put • 4 throws ONLY	Final	4:30pm	Throws under 45' will NOT be measured.
High School Boys	Pole Vault	Final	4:45pm	Opening height is 12' 0".
High School Boys	Pole Vault	Final	4:45pm	Opening height is 12' 6".
Men's	Discus B section • 4 throws ONLY	Final	5:00pm	Throws under 145' will NOT be measured.
High School Boys	Long Jump • 4 jumps ONLY	Final	6:00pm	Jumps under 21' will NOT be measured.
High School Girls	Long Jump • 4 jumps ONLY	Final	6:15pm	Jumps under 16'6 will NOT be measured.
High School Girls	Shot Put • 4 throws ONLY	Final	6:45pm	Throws under 30' will NOT be measured.
Women's	Discus • 4 throws ONLY	B section	7:30pm	Throws under 135' will NOT be measured.

# SATURDAY • MARCH 26 (TENTATIVE SCHEDULE)

*Please check for last minute schedule changes which may be necessary to accommodate field sizes.*

High School Girls	400 Meter Hurdles	Final	9:00am	
High School Boys	400 Meter Hurdles	Final	9:15am	
High School Girls	4 x 100 Meter Relay	Trials	9:30am	Top 9 times to Final
High School Boys	4 x 100 Meter Relay	Trials	9:50am	Top 9 times to Final
High School Girls	4 x 800 Meter Relay	Final	10:10am	Field Size limit: Top 20 teams
High School Boys	4 x 800 Meter Relay	Final	10:20am	Field Size limit: Top 20 teams
High School Girls	400 Meters	Final	10:30am	
High School Boys	400 Meters	Final	10:50am	
High School Girls	One Mile	Final	11:10am	
High School Boys	One Mile	Final	11:25am	
Men's	3000 Meter Steeplechase	Section #3	11:45am	
Men's	3000 Meter Steeplechase	Section #4	12:00pm	
Women's	3000 Meter Steeplechase	Section #2	12:20pm	
Kids Half-Lapper	Community Races		12:30pm	

High School Girls	4 x 100 Meter Relay	Final	1:05pm	Top 9 times from Trials
High School Boys	4 x 100 Meter Relay	Final	1:10pm	Top 9 times from Trials
Women's	4 x 100 Meter Relay	Final	1:15pm	
Men's	4 x 100 Meter Relay	Final	1:30pm	
High School Girls	100 Meter Hurdles	Final	1:50pm	Top 9 times from Trials
Women's	100 Meter Hurdles	Final	2:00pm	Top 9 times from Trials
High School Boys	110 Meter Hurdles	Final	2:05pm	Top 9 times from Trials
Men's	110 Meter Hurdles	Final	2:15pm	Top 9 times from Trials
Women's	1500 Meters	Top 2 sections	2:25pm	
Men's	1500 Meters	Top 2 sections	2:40pm	
Women's	400 Meters	Top 2 sections	2:55pm	
Men's	400 Meters	Top 2 sections	3:05pm	
High School Girls	100 Meters	Final	3:15pm	Top 9 times from Trials
High School Boys	100 Meters	Final	3:20pm	Top 9 times from Trials
Women's	100 Meters	Final	3:25pm	Top 9 times from Trials
Men's	100 Meters	Final	3:30pm	Top 9 times from Trials
Women's	800 Meters	Top 2 sections	3:35pm	
Men's	800 Meters	Top 2 sections	3:45pm	
Women's	200 Meters	Top 2 sections	3:55pm	
Men's	200 Meters	Top 2 sections	4:05pm	
High School Girls	4 x 400 Meter Relay	Final	4:15pm	
Women's	4 x 400 Meter Relay	Final	4:45pm	
Men's	4 x 400 Meter Relay	Final	5:00pm	
High School Boys	4 x 400 Meter Relay	Final	5:15pm	

***Note the opening heights and the minimum distances which will be measured.***

High School Girls	Pole Vault	Final	9:00am	Opening height is 9' 0"
High School Boys	Discus • 4 throws ONLY	Final	9:00am	Throws under 140' will NOT be measured.
High School Girls	High Jump	Final	9:15am	Opening height is 4' 10".
High School Boys	Triple Jump • 4 jumps ONLY	Final	9:15am	Jumps under 42' will NOT be measured.
High School Girls	Triple Jump • 4 jumps ONLY	Final	9:30am	Jumps under 34' will NOT be measured.
Men's	Shot Put	Top section	11:00am	Throws under 51' will NOT be measured.
High School Boys	High Jump	Final	11:15am	Opening height is 6' 0".
High School Girls	Discus • 4 throws ONLY	Final	11:15am	Throws under 100' will NOT be measured.
Women's	Pole Vault	Top section	12:00pm	Opening height is 12' 4".
Men's	Triple Jump	Top section	1:15pm	Jumps under 43' will NOT be measured.
Women's	Shot Put	Top section	1:15pm	Throws under 45' will NOT be measured.
Men's	Discus	Top section	1:30pm	Throws under 155' will NOT be measured.
Men's	Hammer	Top section	1:30pm	Throws under 180' will NOT be measured.
Men's	High Jump	Final	1:30pm	Opening height is 6' 5".
Women's	Triple Jump	Top section	1:30pm	Jumps under 37' will NOT be measured.
Men's	Pole Vault	Top section	3:00pm	Opening height is 16' 9".
Men's	Triple Jump • 4 jumps ONLY	B section	3:30pm	Jumps under 43' will NOT be measured.
Women's	Triple Jump • 4 jumps ONLY	B section	3:45pm	Jumps under 36' will NOT be measured.
Women's	Discus	Top section	3:45pm	Throws under 145' will NOT be measured.
Women's	Hammer	Top section	3:45pm	Throws under 150' will NOT be measured.
Women's	High Jump	Final	3:45pm	Opening height is 5' 4".

## AWARDS

- In the case of multiple sections, final results will be based on the best performances across all sections. No awards are presented to college/open athletes in the B sections.
- In individual events, NIKE sweatshirts will be presented to the winner, and t-shirts will be presented to 2nd through 5th place.
- In relay events, NIKE sweatshirts will be presented to the winning team, and t-shirts will be presented to the 2nd and 3rd place teams.
- In honor of Don Dooley, a panel of coaches will recognize the Most Valuable Athlete in both the track and field events for high school boys and girls.

## WEIGHTS AND MEASURES

Please advise your athletes that they must have their implements weighed and measured one hour prior to the event's start. Weights and measures will close 30 minutes prior to the event.

## HOTEL INFORMATION

- **MEET HEADQUARTERS: HOTEL SOFITEL.** Contact them at (650) 508-7110 for special Stanford Invitational rates.
- **Westin Santa Clara,** (242 double rooms available) is offering a special Stanford Invitational rate. Please call (408) 980-3935.
- **Creekside Inn,** (1 mile from Campus) is offering a special Stanford Invitational rate. Please call (650) 213-4252.
- **Courtyard Marriott** (3 miles from Campus) is offering a special Stanford Invitational rate. Please call (650) 941-9900.

## RESTAURANTS

Please contact Laurie Wittges of **Boston Market** at (408) 202-2178 for box lunches and catered meals that can be delivered to your team during the Stanford Invitational.

## RENTAL CARS

For the most convenient service and the most competitive prices in the area please contact Colleen O'Connor at **Enterprise Rent-A-Car** at (650) 528-3151 and refer to Customer #23G1177.

## COURTESY SHUTTLE TO TRACK

We will provide a complementary shuttle between the hotel meet headquarters and Cobb Track and Angell Field. Information and a time schedule will be on [gostanford.com](http://gostanford.com) after March 18.

## IMPORTANT SAFETY RULES

In order for us to conduct a safe and quality meet for everyone, we will enforce the following safety rules for Cobb Track and Angell Field. Please notify your athletes and assistant coaches of these policies prior to the meet.

## ACCESS TO THE FACILITY

Only athletes will be permitted inside the facility. Coaches and spectators **MUST** remain outside the fences at all times. Contestants will be escorted on and off the facility.

## SPIKE LENGTH

Pin spikes **NOT** longer than 3/16" must be worn on the track for ALL events, including the javelin, high jump, and pole vault. We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose implements are too long will not be permitted to compete with those spikes.

## HEADPHONES/RADIOS

No headphones or radios will be permitted inside Cobb Track and Angell Field. These devices present a safety risk for everyone since several competitions will be contested simultaneously. Please notify your athletes in advance that they must confine these items to the areas outside of the facility.

## PRACTICE SCHEDULE ON MARCH 24

Cobb Track and Angell Field will be closed to ALL high school teams on March 24. College and Open athletes **ONLY** may use the facility at the designated times **ONLY**. Headphones are **NOT** permitted during practice time. For the safety of all athletes, we have restricted the use of the field event sites.

## PRACTICE TIMES

Track	1:00pm - 7:00pm
Hurdles	4:00pm - 6:00pm
Long Jump/Triple Jump	3:00pm - 5:00pm
High Jump	3:00pm - 5:00pm
Pole Vault	4:00pm - 6:00pm
Shot Put	4:00pm - 6:00pm
Discus	5:00pm - 7:00pm
Javelin	3:00pm - 5:00pm
Hammer	3:00pm - 5:00pm

## FACILITY SPECIFICATIONS

Track	9 lanes on both the oval and straightaway Lanes are 48 inches wide Inside water jump for the steeplechase
LJ/TJ (Women)	185 foot artificial surface runway
LJ/TJ (Men)	215 foot artificial surface runway
Pole Vault	140 foot artificial surface runway
High Jump	Artificial surface
Javelin	100 foot artificial surface runway
Shot Put	Contested on Chandler Infield
Discus	Contested on Chandler Infield
Hammer	Contested at Hammer Field next to track (NOTE: impact area on Hammer Field is crushed brick dust)

## DIRECTIONS TO COBB TRACK AND ANGELL FIELD

### FROM HIGHWAY 101

1. Exit Embarcadero Road West and follow signs to Stanford.
2. Cross El Camino Real (the street name changes to Galvez St.)
3. Turn left onto Nelson Road.
4. Follow the signs to the parking lots for the track & field meet.

### FROM HIGHWAY 280

1. Exit on Alpine Road and follow the signs to Stanford.
2. Turn right onto Junipero-Serra.
3. Turn left onto Campus Drive West.
4. Turn left onto Galvez Street.
5. Turn right onto Nelson Road and follow signs to the parking lots.

