

Coaches,

We cordially invite you to the 26th annual Patriot Invitational on March 24th. We are pleased to be hosting this event with the support of Baptist Healthcare. The cost per team will be \$35.00. Please make checks payable to Pace High School. The meet will be run and timed by Half Mile Timing. Your online entries should be submitted electronically by Monday March 20th. A link to the entry site and instructions for entries can be found at www.halfmiletiming.com. The coaches' meeting will begin at 10:00 A.M. Entries will be limited to the first 15 boys and girls teams who register.

We look forward to seeing you then.

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Patriot Invitational
Presented by Baptist Healthcare
March 24, 2006

Track Information:

1. The long jump pit is located at the west end of the field.
2. The triple jump pit is located in the southwest corner of the stadium.
3. The shot put and discus are located in the adjacent field near the concession stand.
4. Pole vault is located at the east end of the field.
5. Restrooms are located at the west end of the field. Concession stands are located at both ends of the field.
6. The Clerk of Course is located at mid-field.
7. All FHSAA rules will be followed.
8. No radios, tape players or glass containers are allowed.
9. No athletes or spectators allowed behind the visitor's side of the stadium.
10. Admission - \$4.00

Order of Events:

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| 10:00 a.m. | Coaches' meeting |
| 11:00 | Girls Triple Jump followed by Boys
Boys High Jump followed by Girls
Boys Long Jump followed by Girls
Girls Discus followed by Boys
Girls Pole Vault followed by Boys
Boys Shot Put followed by Girls |
| 12:00 | Finals |
| | Prelims |
| | 4x800
Girls/Boys 100/110 M High Hurdles
Girls/Boys 100 M Dash
Girls/Boys 400 M Run
Girls 300 M Low Hurdles
Boys 300 M Intermediate Hurdles
Girls/Boys 200 M Dash |
| 2:30 | Finals |
| | Girls/Boys 100/110 M High Hurdles
Girls/Boys 100 M Dash
Girls/Boys 1600 M Run
Girls/Boys 4 x 100 M Relay
Girls/Boys 400 M Dash
Girls 300 M Low Hurdles
Boys 300 M Intermediate Hurdles
Girls/Boys 800 M Run
Girls/Boys 200 M Dash
Girls/Boys 3200 M Run
Girls/Boys 4 x 400 M Relay |

Coaches' Information:

- *Opening heights for high jump: Girls - 4'4 Boys - 5'4
- *Opening heights for pole vault: Girls - 6' Boys - 9'
- * Advancement from prelims to finals will be as follows:
 - 2 heats – winner in each heat and next five fastest times
 - 3 heats - winner in each heat and next four fastest time
 - 4 heats - winner in each heat and next three fastest times
- *It is very important that athletes remain in their lane or stacked position at the end of the event until the Finish Line Judge dismisses them.
- *Scoring - Individuals and Relays 10 - 8 - 6 - 4 - 2 – 1
- *During the meet, if an athlete scratches or fails to show for an event, he/she is disqualified from the remainder of the meet.

Reminders for all athletes:

1. Athletes must have shirts and/or jerseys on at ALL times. Jerseys must be tucked in at the start of an event.
2. All athletes are to remain in the southwest stand unless they are warming up for an event in the infield.
3. Athletes are to report to the Clerk of the Course on SECOND call. Any runner or relay team who has not checked in by the third call will be disqualified. Please note:

Once an athlete has reported to the Clerk of Course, he/she should not leave until they are dismissed by the Clerk to proceed to their race. After leaving the Clerk of the Course, the runners should proceed to the start location of their race. When they report, they should know their heat and lane assignment.
4. All athletes MUST remove all jewelry except for watches.
This must be done before reporting to the clerk of the course.
5. No block holders will be allowed on the track for starts.
6. Lapped runners in excess of scorers will be asked to drop out of the race.