

2019 Bishop Amat Invitational

REQUIRED – 3/16" Pyramids

No athlete will be permitted to participate in their event until their spikes have been checked first. Failure to comply will result in disqualification. Spikes will be for sale at the Clerk of the Course for \$1 per shoe.

FEE: \$300 per team

DIRECTIONS

Bishop Amat Memorial High School

14301 E. Fairgrove Ave.

La Puente, CA 91746

<https://www.google.com/maps/place/Bishop+Amat+Memorial+High+School/@34.0539809,-117.9673222,17z/data=!3m1!4b1!4m5!3m4!1s0x80c2d65341e909a3:0xc33da3143a1304f0!8m2!3d34.0539809!4d-117.9651335>

Surface: Installed in 2015 – Brand New Synthetic Full-Pour Clay Colored Track Surface

Food & Snacks: Will be available for purchase.

Vendors:

- Finishedresults.com
- VS Athletics
- Prepaltrack.com– The Leader for Golden State Track & XC

Registration: Finished Results- finishedresults.com

Registration Due: February 23 at 10:00 am

RUNNING | EVENTS

100m, 200m, 400m, 800m, 100/110H & 300H: 3 entries per team per level for each of these events

**note: Boys Frosh/Soph 110 hurdles will 36" (intermediate height) **

1600m: 5 entries per team per level.

Varsity Boys and Girls will compete in the 1600m.

4 x 100m Relay 1 entry per team per level.

4 x 400m Relay 1 entry per team per level.

FIELD | EVENTS

A 1-minute time limit will be in effect for all field events.

Long Jump, Triple Jump, High Jump, Shot Put & Discus: 5 entries per level

LJ & TJ: We will use an open pit but Varsity has priority on the runway.

High Jump Opening heights or a higher agreed upon height:

G Var 4'06" | B Var 5'06" | G JV 4'02" | B JV & F/S 5'02"

Pole Vault 3 entries per level; Opening heights or a higher agreed upon height:

G Var 4'04" | B Var 8'00" | G JV 4'00" | B JV 7'00" | B F/S 7'00"

BAI Track & Field

Order of events & approximate time schedule

3 | 03 | 18 BAI Invite

All events will run ahead of schedule if possible

1. 10:00 Girls JV 4 x 100m
2. 10:03 Girls Varsity 4 x 100m
3. 10:06 Boys Frosh/Soph 4 x 100m
4. 10:09 Boys JV 4 x 100m
5. 10:12 Boys Varsity 4 x 100m
6. 10:15 Boys Frosh/Soph 1600m
7. 10:31 Girls Varsity 1 1600
8. 10:47 Boys Varsity 1 1600
9. 11:00 Girls JV 100HH
10. 11:06 Girls Varsity 100HH
11. 11:12 Boys Frosh/Soph 110HH (36")
12. 11:20 Boys JV 110HH
13. 11:23 Boys Varsity 110HH
14. 11:29 Girls JV 400m
15. 11:35 Girls Varsity 400m
16. 11:41 Boys Frosh/Soph 400m
17. 11:50 Boys JV 400m
18. 11:56 Boys Varsity 400m
19. 12:02 *** Girls DMR (all levels) (1200, 400, 800, 1600)
20. 12:15 *** Boys DMR (all levels) (1200, 400, 800, 1600)
21. 12:30 Girls JV 100m
22. 12:39 Girls Varsity 100m
23. 12:45 Boys Frosh/Soph 100m
24. 12:54 Boys JV 100m
25. 1:03 Boys Varsity 100m
26. 1:12 Girls JV 800m
27. 1:17 Girls Varsity 800m
28. 1:22 Boys Frosh/Soph 800m
29. 1:30 Boys JV 800m
30. 1:35 Boys Varsity 800m
31. 1:40 Girls JV 300LH
32. 1:46 Girls Varsity 300 LH
33. 1:52 Boys Frosh/Soph 300IH
34. 1:58 Boys JV 300IH
35. 2:04 Boys Varsity 300IH
36. 2:10 Girls JV 200m
37. 2:19 Girls Varsity 200m
38. 2:28 Boys Frosh/Soph 200m
39. 2:37 Boys JV 200m
40. 2:46 Boys Varsity 200m

41. 2:55 JV 1600m
42. 3:03 Boys JV 1600m
43. 3:10 Boys Frosh/Soph 4 x 400m
44. 3:15 Girls JV 4 x 400m
45. 3:20 Boys JV 4 x 400m
46. 3:25 Girls Varsity 4 x 400m
47. 3:30 Boys Varsity 4 x 400m
Field Events

9:30 AM

Boys Varsity Pole Vault

10:00 AM

B & G Long Jump
Boys Shot Put
Girls Discus
Boys Varsity High Jump

App. 11:15 AM

Girls Varsity High Jump

App. 11:30

Girls Varsity & JV Pole Vault

App. 12:30 PM

Girls J.V. High Jump

App. 1:00 PM

Boys Discus
Girls Shot Put

App. 1:15 PM

Boys Frosh/Soph & JV Pole Vault
Boys & Girls Triple Jump

App. 1:45 PM

Boys F/S & J.V. High Jump