

Elmer Runge Classic 2015

Dear Coach:

It is our pleasure to invite you to the 12th annual Elmer Runge Classic at Patrick Henry High School. This year meet will be held on Saturday March 21, 2015, with field events and running events starting at 9:00. We anticipate that the meet will end around 5:30p.m.

Entries will be limited. If you are interested in attending this year's meet, please contact us via email. Teams must list the Runge Meet on their Athletic.net schedule and be accepted. Event entries must be submitted online at Athletic.net by 11:30p.m. Monday March 9th . If you don't have a full team but would like to bring a few of your athletes to compete, please contact us at randyet15@msn.com. Schools from outside of the San Diego Section must provide contact information for their sanctioning organization.

For the Invitational events, athletes will be placed in these events based on top submitted verified times. Winners will receive a plaque.

Events:

In addition to standard CIF events, we will have boys Frosh/Soph heats in the 1600m, 400m, and 100m, and girls Frosh/Soph heats in the 1600m, 400m.

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|-------------|---------------|-------|-------------|----------|
| 400m relay | 100m | 3200m | High Jump | |
| 1600m | Mile (Invite) | 800m | Pole Vault | |
| 1600m relay | 100/110mH | 300mH | Long Jump | |
| Discus | 400m | 200m | Triple Jump | Shot Put |

We have included meet specifics on the attached pages. If you have any further questions feel free to contact me via email.

Randy Thompson
Head Coach
Patrick Henry High School
Randyet15@msn.com

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Meet Specifics:

Date: Saturday, March 21, 2015
Place: Patrick Henry High School
Time: 9:00a.m.-5:30p.m.

Facility: 9 lane all-weather track. Shot and Discus rings are concrete.

Entries: Each team will be allowed:

- 1 relay team per relay event
- 2 athletes in all lane races and field events
- 2 athletes in the 1600m and 3200m events

Flights will be seeded according to athletic. Net or override marks

Additional heats may be added if necessary

Trials: Each athlete will be allowed 4 attempts in all field events-no finals.

Medals:

Standard Events: Top four in each full heat or flight.

Winners of the Thom Hunt Mile and David Russell 200m will receive a Plaque (one boy, one girl). 2nd-6th place will medal

Team Trophies for the top 3 teams based on points scored for overall places

Opening Heights: High Jump: 4'2" girls/5'4" boys
Pole Vault 7'0" girls/9'6" boys

Cost: \$150 per team/\$300 for both men's and women's team due **ASAP**
(Needed to hold spot in meet) Check made payable to
PHHS Foundation and write **Track and Field on memo line**

Admission: \$5.00 adults; \$3.00 students (with ID card) and children under 12.

Spikes: 3/16th needle spikes. Athletes found competing in other size will be DQ

Food: A full snack bar will be available

Code of conduct: All CIF rules for attire/uniforms and electronic devices will be enforced. This means **NO ELECTRONIC DEVICES** will be permitted on the infield.

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School name: _____ will participate in the Elmer Runge Classic to be held on Saturday, March 21, 2015 at Patrick Henry High School. We agree to pay the entry fee of \$150.00 or \$300.00 for both a men's and a women's team.

Signature of Coach; _____

Coach: _____

School: _____

Coach's Phone #: _____

Coach's Email: _____

Schools that cancel will be charged a \$100.00 cancellation fee.

Email entries to:
randyet15@msn.com
Randy Thompson
Meet Director
Elmer Runge Classic
Patrick Henry High School

Mail payments to :
Patrick Henry High School
Attn Track and Field team
6702 Wandermere Drive
San Diego, CA 92120