

Ponderosa Freshman/Sophomore Invitational
Echo Park Stadium

Weigh-ins begin @ 1:30
Coaches Meeting @ 1:45
Meet Start @ 2:00

We will be following a standard order of events, beginning with the girls Sprint Medley. All other track events will be women's events followed by mens using a rolling schedule. Boys High jump, Discus and Long jump will go first. Girls Pole Vault, shot put and triple jump will go first. Please limit pole vault to two entries, if you need more please communicate first so we can see if we have the room.

Opening Heights:

Girls PV: 5'

Boys PV: 6'

Girls HJ: 3'6"

Boys HJ: 4'6"

Just a reminder that our event judges are primarily volunteers. If you have any questions or concerns please talk with an official, Randy Huff or Michael Warburton.

Timing will be done by the district timers. Timers are new, but did a good job hosting Legend's meet this weekend. **Registration closes Tuesday, May 11th at 6:00pm.** We have left registration open as long as possible because we know we are working with our young athletes. For this reason please make sure that there are no changes needed after this time.

Athletes and Coaches will be allowed through the north gates. Spectators park in the upper lot and enter through the east gate. The entry fee for spectators is \$5.00

Chris Mathewson, athletic trainer for PHS will be available before, during, and after the meet. He will be located at the north end of the stadium and will arrive by 3 pm.

Athlete check in will be on the north side of the stadium in the garage. At first call, athletes should check in at the garage to receive stickers. At the final call, athletes should report to the starting line for their event where they will be checked in for their heats.

As always, we will be handing out a T-Shirt for the winner of events and ribbons for 2-6. Please have athletes listening for awards.