

# DEPTH CHARGE

**WHEN :** Saturday, April 18, 2009

**TIME :** Field Events 9:00am Running 9:00am  
(see attached order of events)

**WHERE:** Folsom High School all weather track

**Entry Fees:** \$175.00 per school, Make Check payable to:  
Folsom High School Athletic Boosters  
Attn: Mark Nelson  
1655 Iron Point Road  
Folsom, CA 95630

**AWARDS:** Top Three (3) medals in each heat of each event. Team award 1<sup>st</sup> place in all four divisions, VB, VG, Frosh/Soph Boys and Frosh/Soph Girls. There will be one School overall champion awarded.

**ENTRY INSTRUCTIONS:** We will run three (3) Heat/Flights in each event, one heat in the relays in each divisions. We will run one heat in the 1600 and 3200 – meaning 8 races instead of 32. Note the varsity 3200 is the first event. Each school will enter their top three (3) athletes in each event/heat. Example: your #1 in the first heat, #2 in the second heat and #3 in the third heat.

**OFFICAL:** There will be an official starter. We will be using a “Finish-Lynx” timing system. Each school will run one field event. Following you will find your schools field event assignments.

High Jump- Davis  
Long Jump – Sheldon  
Shot Put – Oak Ridge

Pole Vault – Vista del Lago  
Triple Jump – Vacaville  
Discus - Galt

Meet organization, announcing, hurdles .... Folsom  
Scoring, Medals, & Finish Line.....Elk Grove.....Bella Vista  
Finish Line results (finish lynx).....Bella Vista  
Clerk.....Bill...WC Wood

**If you have any question feel free to give me a call.  
(work 355-1174)**

**Mark Nelson  
Folsom High School**