

Elmer Runge Classic 2013

Dear Coach:

It is our pleasure to invite you to the 11th Annual Elmer Runge Classic at Patrick Henry High School. This year's meet will be held on **Saturday, March 16, 2013**, with field events and running events starting at 9:00. We anticipate that the meet will end around 4:30 p.m. IT WILL NOT RAIN! (We hope)

Entries will be limited to 24 teams. If you are interested in attending this year's meet, please contact us via email and fax the attached entry form to the school fax number on the form. Teams must list the Runge Meet on their Athletic.net schedule and be accepted. Event entries must be submitted online at <http://athletic.net> by 11:30 pm Monday, March 11. If you don't have a full team but would like to bring a few of your athletes to compete, please contact us. Schools from outside the San Diego Section must provide contact information for their sanctioning organization.

We also encourage teams to nominate individual athletes for consideration for the Thom Hunt Invitational Miles for boys and girls. Nominations may be submitted via email to Andrew Myette.

Events:

In addition to standard CIF events, we will have Boys Frosh/Soph heats in the 1600m, 400m, and 100m, and Girls F/S heats in the 1600. Once again this year, we will run the **Thom Hunt Invitational Miles, which will feature the top 12 – 15 male and female milers.**

400 relay	100m	3200m	high jump
1600/ (Thom Hunt Miles)	800m	1600 relay	pole vault
100/110 HH	300H	long jump	discus
400m	200m	triple jump	shot put

We have included meet specifics on the attached pages. If you have any further questions, please contact Shannon 619-823-4667 (cell) or Andrew Myette at 619-857-1332 (cell).

Shannon Collins
Head Track Coach
Patrick Henry High School
Sanderson-collins4@sandi.net

Andrew Myette
Distance Coach
Patrick Henry High School
amyette@sandi.net

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Meet Specifics:

Date: Saturday, March 16, 2012
Place: Patrick Henry High School, San Diego, CA
Time: 9:00 a.m. – 4:30 p.m.

Facility: 9 lane all-weather track, new in January of 2012
Shot and discus rings are concrete.

Entries: Each team will be allowed:

- 1 relay team per each 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

We will use a 3-alley start in the mile and two mile, and will be able to run 27 athletes per race in these two events.

Trials: Each athlete will be allowed 4 trials in all field events – no finals.

Medals:

- **Standard Events:** Top four in each full heat or flight. (Minimum of 1st and 2nd in any heat)
- **Winners of the Thom Hunt Mile** will receive a plaque (one boy, one girl). 2nd – 6th place will medal.

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 a men's and a women's team Due ASAP

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

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

Food: A full snack bar will be available on both sides of the stadium.

T-Shirts: Elmer Runge Classic T-Shirts on sale

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 16, 2013 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 address: _____

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

Mail Entries or Fax entry contract to:

Shannon Collins

Meet Director

Elmer Runge Classic

Patrick Henry High School

6702 Wandermere Drive

San Diego, CA 92120

Fax: 619-229-0370

Please remember to add this meet to your schedule. DO NOT create this meet yourself.