

Elmer Runge Classic 2017

Dear Coach:

It is our pleasure to invite you to the 14th annual Elmer Runge Classic at Patrick Henry High School. This year meet will be held on Saturday March 18, 2017, 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 as well as verify on Athletic.net. Teams must list the Runge Meet on their Athletic.net schedule and be accepted. Event entries must be submitted online at Athletic.net by **5:00p.m. Sunday March 12th** . 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 Thom Hunt Mile, Please submit your athlete to be considered to randyet15@msn.com . Athletes will be placed in this event based on top submitted verified times. If an athlete is placed into this event, Coaches will have an opportunity to replace them in the open 1600m. Winners will receive a plaque in the Thom Hunt Mile.

Events:

In addition to standard CIF events, we will have a boys and girls Frosh/Soph heats in the 1600m, 400m, and 100m. Entry for the Frosh/Soph 400m and 100m will be the top 9 times submitted and 1600m top 15 times submitted. Times will be verified.

| | | | | |
|-------------|---------------|-------|-------------|-----------------|
| 400m relay | 100m | 3200m | High Jump | Distance Medley |
| 1600m | Mile (Invite) | 800m | Pole Vault | Sprint Medley |
| 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 18, 2017
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
- 1 athletes in all lane races and field events
- 1 athletes in the 1600m and 3200m events
- Top 9 times for F/S Races (100m,400m)
- Top 15 times for F/S 1600m

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 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
(Please submit a height so that we can seed the event)
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: \$6.00 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.

Elmer Runge Classic 2017

School name: _____ will participate in the Elmer Runge Classic to be held on Saturday, March 18, 2017 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

Schedule of Events 2017

| Time | Event | Heat | # | Time | Event | Heat | # |
|-------|--------------------|--------|----|-------|----------------------|------|----|
| 9:00 | Girls Dist. Medley | 1 | | 12:54 | Girls 800m | 1 | 18 |
| 9:17 | Boys Dist. Medley | 1 | | 12:58 | Girls 800m | 2 | 18 |
| 9:31 | Girls 400m Relay | 1 | 9 | 1:02 | Girls 800m | 3 | 18 |
| 9:36 | Girls 400m Relay | 2 | 9 | 1:06 | Boys 800m | 1 | 18 |
| 9:41 | Girls 400m Relay | 3 | 9 | 1:10 | Boys 800m | 2 | 18 |
| 9:46 | Boys 400m Relay | 1 | 9 | 1:14 | Boys 800m | 3 | 18 |
| 9:51 | Boys 400m Relay | 2 | 9 | 1:20 | Girls Sprint Medley | 1 | 9 |
| 9:56 | Boys 400m Relay | 3 | 9 | 1:24 | Girls Sprint Medley | 2 | 9 |
| 10:05 | Girls F/S 1600m | 1 | 24 | 1:28 | Girls Sprint Medley | 3 | 9 |
| 10:12 | Boys F/S 1600m | 1 | 24 | 1:32 | Boys Sprint Medley | 1 | 9 |
| 10:20 | Girls 1600m | 1 | 24 | 1:36 | Boys Sprint Medley | 2 | 9 |
| 10:28 | Girls 1600m | 2 | 24 | 1:40 | Boys Sprint Medley | 3 | 9 |
| 10:36 | Boys 1600m | 1 | | 1:50 | Girls 300m Hurdles | 1 | 9 |
| 10:44 | Boys 1600m | 2 | | 1:54 | Girls 300m Hurdles | 2 | 9 |
| 10:54 | Girls T.H Mile | Invite | 16 | 1:58 | Girls 300m Hurdles | 3 | 9 |
| 11:04 | Boys T.H Mile | Invite | 16 | 2:02 | Girls 300m Hurdles | 4 | 9 |
| 11:14 | Girls 100m Hurdles | 1 | 9 | 2:06 | Boys 300m Hurdles | 1 | 9 |
| 11:19 | Girls 100m Hurdles | 2 | 9 | 2:09 | Boys 300m Hurdles | 2 | 9 |
| 11:23 | Girls 100m Hurdles | 3 | 9 | 2:12 | Boys 300m Hurdles | 3 | 9 |
| 11:31 | Boys 110m Hurdles | 1 | 9 | 2:15 | Boys 300m Hurdles | 4 | 9 |
| 11:35 | Boys 110m Hurdles | 2 | 9 | 2:23 | Girls 200m | 1 | 9 |
| 11:39 | Boys 110m Hurdles | 3 | 9 | 2:26 | Girls 200m | 2 | 9 |
| 11:45 | Girls F/S 400m | 1 | 9 | 2:29 | Girls 200m | 3 | 9 |
| 11:50 | Boys F/S 400m | 1 | 9 | 2:32 | Girls 200m | 4 | 9 |
| 11:53 | Girls 400m | 1 | 9 | 2:35 | Boys 200m | 1 | 9 |
| 11:56 | Girls 400m | 2 | 9 | 2:38 | Boys 200m | 2 | 9 |
| 11:59 | Girls 400m | 3 | 9 | 2:41 | Boys 200m | 3 | 9 |
| 12:03 | Girls 400m | 4 | 9 | 2:44 | Boys 200m | 4 | 9 |
| 12:06 | Boys 400m | 1 | 9 | 2:49 | Girls 3200m | 1 | 32 |
| 12:09 | Boys 400m | 2 | 9 | 3:07 | Boys 3200m | 1 | 32 |
| 12:12 | Boys 400m | 3 | 9 | 3:26 | Girls 4 x 400m | 1 | 9 |
| 12:15 | Boys 400m | 4 | 9 | 3:32 | Girls 4 x 400m Relay | 2 | 9 |
| 12:20 | Girls F/S 100m | 1 | 9 | 3:38 | Girls 4 x 400m Relay | 3 | 9 |
| 12:23 | Girls 100m | 1 | 9 | 3:44 | Boys 4 x 400m Relay | 1 | 9 |
| 12:26 | Girls 100m | 2 | 9 | 3:50 | Boys 4 x 400m Relay | 2 | 9 |
| 12:29 | Girls 100m | 3 | 9 | 3:56 | Boys 4 x 400m Relay | 3 | 9 |
| 12:32 | Girls 100m | 4 | 9 | | | | |
| 12:35 | Boys F/S 100m | 1 | 9 | | | | |
| 12:38 | Boys 100m | 1 | 9 | | | | |
| 12:41 | Boys 100m | 2 | 9 | | | | |
| 12:44 | Boys 100m | 3 | 9 | | | | |
| 12:47 | Boys 100m | 4 | 9 | | | | |

Field Events

| Time | Event | Flight | |
|-------------|-------------------|---------------|--|
| 9:00 | Girls Pole Vault | A-B | |
| 9:00 | Girls Long Jump | ABC | |
| 9:00 | Boys Long Jump | ABC | |
| 9:00 | Girls High Jump | AB | |
| 9:00 | Girls Shot Put | ABC | |
| 9:00 | Boys Discus | ABC | |
| 12:00 | Boys Pole Vault | ABC | |
| 12:00 | Girls Triple Jump | ABC | |
| 12:00 | Boys Triple Jump | ABC | |
| 12:00 | Boys High Jump | ABC | |
| 12:00 | Boys Shot Put | ABC | |
| 12:00 | Girls Discus | ABC | |
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