

PHILLIPS-MCCAIN INVITATIONAL

Dear Coach:

On **Saturday April 18, 2009**, the **Ninth Annual Phillips-McCain Track and Field Invitational** will be held at Campolindo High School.

We would like to have up to three full heats in all running events. Distance relays will be limited to 24 teams. "B" team distance relays will be allowed within that limit. We will again hold the shuttle hurdle relay event. This will be an open relay event, meaning each relay team can be comprised of athletes from either frosh-soph or varsity. This exception holds for this race only and the score from the results will be included in the varsity team scores only. We will continue to have an individual 100/110 hurdle race as well.

Entries must be submitted through the EPISPORTS.COM web site. Please visit EPISPORTS.COM, register team, select Phillips-McCain Invitational from the list of available meets, and enter athletes.

We will be hosting competition in **Varsity Boys, Varsity Girls, Frosh-Soph Boys and Frosh-Soph Girls** divisions in the following individual and relay events:

Running Events:

400M Relay
800M Relay
1600M Relay
3200M Relay
4x65/4x60 Shuttle Hurdle Relay
Distance Medley (1200-400-800-1600)
Open 110/100 High Hurdles*
Open 100 Meters*
Open 3200 Meters**
Open 1600 Meters**(VB & VG only)
Open 300 Meter Intermediate & Low Hurdles*

***Each school is allowed one entry**

****Each school is allowed two entries**

Field Events:

High Jump**
Long Jump**
Triple Jump**(VB & VG only)
Shot Put**
Discus**
Pole Vault**

ENTRY FEES NEED TO BE RECEIVED BY APRIL 10, 2009.

**ENTRY FEES: \$8 per open event
 \$14 per relay
 \$90 per division/\$325 for all divisions**

MAKE CHECKS PAYABLE TO: MIRAMONTE HIGH SCHOOL

750 Moraga Way
Orinda, CA 94563

AWARDS: T-SHIRTS will be awarded to the **top three places** in all events.
Plaques will be awarded to the **top three teams** in each division.