

Pitman Frosh-Soph Showcase ***Wednesday, March 15, 2017***

The 7th **Frosh/Soph Showcase** will be held at Turlock High School in Turlock, CA. We will be accepting only 12 teams to keep the field sizes limited. The following events will be limited to 5 entrants per school: 100m, 400m, Long Jump & Discus.

- When: Wednesday March 15, 2017
*Track Events will begin at 1:30 PM.
*Field Events will begin at 2:30 PM.
- Where: Joe Debely Stadium @ Turlock High School
(Colorado & Marshall intersection)
- Awards: Medals for the top 3 in each event
- Entry Fees: \$5 per athlete, \$200 max per school
Make checks payable to "Pitman HS." Entry fees are due at the gate.
- Entries: Entry of athletes and relay teams will be done on www.athletic.net.
Entries will close Tuesday, March 14, 2017 at 9:00 PM.
- Race Seeding: The heats will be seeded by entry times, starting with the faster heats working to the slower heats. The 200m will be seeded randomly.
- Food: There will a snack bar open during the event.
- Admission: General - \$5
- Results: Results for all races will be posted following each race on the "results boards" near the snack bar as well as on www.athletic.net
- Meet Director: Thad Moren – Cell: (209) 535-2280 Email: thadmoren@gmail.com

Frosh/Soph Showcase

Order of Events

TRACK EVENTS

Start Time 1:30pm

| | | |
|--------------|---------|-------|
| 200m | Prelims | Boys |
| 200m | Prelims | Girls |
| 3200m | Heat 1 | Boys |
| 4x100 Relay | Final | Boys |
| 4x100 Relay | Final | Girls |
| 3200m | Heat 2 | Boys |
| 110 HH (36") | Final | Boys |
| 100 LH (33") | Final | Girls |
| 400m | Final | Boys |
| 400m | Final | Girls |
| 3200m | Final | Girls |
| 100m | Final | Boys |
| 100m | Final | Girls |
| 800m | Final | Boys |
| 800m | Final | Girls |
| 300 LH (30") | Final | Boys |
| 300 LH (30") | Final | Girls |
| 200m | Final | Boys |
| 200m | Final | Girls |
| 1600m | Final | Boys |
| 1600m | Final | Girls |
| 4x200 Relay | Final | Boys |
| 4x200 Relay | Final | Girls |

FIELD EVENTS

Start Time 2:30pm

| | |
|-------------|-------------------|
| Discus | Girls |
| Discus | Then Boys |
| Shot Put | Boys |
| Shot Put | Then Girls |
| High Jump | Girls (3'10") |
| High Jump | Then Boys (4'10") |
| Pole Vault | Boys (7'3") |
| Pole Vault | Then Girls (6'0") |
| Long Jump | Girls |
| Long Jump | Then Boys |
| Triple Jump | Boys |
| Triple Jump | Then Girls |