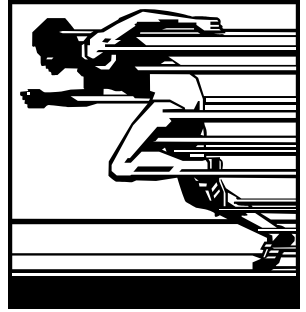


Verbum Dei Eagles



Covina Invite Roster– 2011 Track Team-11

Name	Grade	events	Report time
Jonathan Fitzgerald	11	1600@10am 800@1:45	6:45am
Jesus Real	11	800@1:45	6:45am
Ebed Haley	11	SP,@8:30	6:45am
Marquis McNiel;	10	SP@2pm Disc, @11:30	6:45am
Clifford Sims	10	Shot @8:30 Disc@2:30	6:45am
Jose Enriquez	9	200m@3:05pm	6:45am
Pedro Armenta	9	Disc@11:30am	6:45am
Luis Valles	9	Shot@2pm Disc@11:30am	6:45am
Ivan Hernandez	9	Alt Shot disc	6:45am
Bryan Moriera	9	Shot@2pm	6:45am
Eddie Perez	11	Shot@ 8:30	6:45am
Clifford Sims	10	Shot@8:30 Disc@2:30	6:45am
Miguel Cardenas	9	1600@9am 800@1:05pm	6:45am

Van 1 and 2 Departs Verb at 7am Drivers Mr. Wood and Coach Lucas

Meet is at Covina High School
CHS 463 S. Hollenbeck, Covina CA 91723

Athletes report to Verb at 6:45am VANS WILL DEPART AT 7AM.

Athletes need to bring: Water, gatorade, spikes, money if they want to purchase anything.
Blanket or chair, Snacks, food
We should be back at Verb by 6pm

Ice Breaker Relays- Saturday March 5th, 2011

LOCATION: Monrovia High School, 845 W. Colorado Bl., Monrovia, Ca, 91016

TIME SCHEDULE: 9:00 AM – Running Events 9:00 AM – Field Events.

DIVISIONS: F/S Girls, F/S Boys, Varsity Girls, and Varsity Boys

Spectators-----\$3.00 for elementary students and under, \$4.00 for middle and high school students with id and \$5.00 without id. All adults will be charged \$5.00.

AWARDS: Medals will be awarded to the top 3 finishers overall in all events.

CONCESSIONS: Full snack bar will be available. T-Shirts will be on sale for \$10.00

FORMAT: Running relay events: open to "A", "B", "C". Field relay events are 3 athletes per 'team' (A-3, B-3) for Varsity, (A-3) for F/S. 3 attempts all levels

*Note: Top individual mark in all field events will be reported even though they are relay style for medals. Marks can be used for entry into Arcadia, etc

FACILITIES: Eight-lane all-weather track (1/4" Pyramid Spikes only), Fully Automatic Timing,

RESULTS: Available after meet at <http://dyestatcal.com/>.

Fields Events

9:00 Pole Vault, Girls F/S
9:00 Shot Put, Boys F/S North Ring
9:00 Shot Put, Girls Var Main Ring
9:00 Discus Girls F/S
9:00 High Jump, Boys F/S (Pit 1)
9:00 High Jump, Girls F/S (Pit 2)
9:00 Long Jump, Girls F/S (Pit 1)
9:00 Long Jump, Boys F/S (Pit 2)
10:30 Pole Vault, Girls Var
10:30 Shot Put, Girls F/S North Ring
10:30 Shot Put, Boys Var Main Ring
10:30 High Jump, Boys Var (Pit 1)
10:30 High Jump, Girls Var (Pit 2)
10:30 Long Jump, Girls Var (Pit 1)
10:30 Long Jump, Boys Var (Pit 2)
10:30 Discus Girls Var
12:00 Pole Vault, Boys Var
12:00 Discus Boys Var
12:30 Triple Jump, Girls Var (Pit 1)
12:30 Triple Jump, Boys Var (Pit 2)
2:00 Discus Boys F/S
2:00 Pole Vault, Boys F/S
2:30 Triple Jump, Girls F/S (Pit 1)
2:30 Triple Jump, Boys F/S (Pit 2)

Running Events

9:00 4x1600m, Girls F/S
9:30 4x1600m, Boys F/S
10:00 4x100m Shuttle Hurdles, Girls F/S
10:10 4x100m Shuttle Hurdles, Girls Var
10:25 4x1600m, Girls Var
10:55 4x1600m, Boys Var
11:25 4x110m Shuttle Hurdles, Boys F/S
11:35 4x110m Shuttle Hurdles, Boys Var
11:45 4x800m, F/S Co-ed (call to register)
12:15 4x100m, Girls F/S
12:25 4x100m, Boys F/S
12:35 4x100m, Girls Var
12:45 4x100m, Boys Var
1:00 4x800m, Var Co-ed (call to register)
1:20 800m Sp Med (1 - 1 - 2 - 4), Girls F/S
1:30 800m Sp Med (1 - 1 - 2 - 4), Boys F/S
1:45 1600m, Sp Med (2 - 2 - 4 - 8), Girls Var
2:00 1600m, Sp Med (2 - 2 - 4 - 8), Boys Var
2:15 4x800 Girls F/S
2:30 4x800 Boys F/S
2:45 4x800 Girls Var
3:00 4x800 Boys Var
3:15 4x200m, Girls F/S
3:25 4x200m, Boys F/S
3:35 4x200m, Girls Var
3:45 4x200m, Boys Var
3:50 Dist Med, (12 - 4 - 8 - 16), Girls F/S
4:15 Dist Med, (12 - 4 - 8 - 16), Boys F/S
4:30 Dist Med, (12 - 4 - 8 - 16), Girls Var
4:45 Dist Med, (12 - 4 - 8 - 16), Boys Var
5:10 4x400m, Girls F/S
5:25 4x400m, Boys F/S
5:35 4x400m, Girls Var
5:50 4x400m, Boys Var