

**3<sup>rd</sup> Annual Patriot Invitational  
March 27, 2010**

**Where:** Governor Thomas Johnson High School  
1501 North Market Street  
Frederick, MD 21701

**Directions:**

I-70W towards Frederick or I-270N towards Frederick

Take Rt. 15N

You will want to take exit 14, Motter Avenue. You should see the track/stadium while on the ramp.

At the end of the off ramp you will need to turn left at the light.

The very next light you will need to turn left into the school property.

**When:** Saturday, March 27, 2010

Coaches Meeting in the press box 8:30 am

First field event 9:00 am

First JV track event 9:00 am

First Varsity track event 9:30am

**Sanction:** The meet has been sanctioned for all MPSSAA approved schools.

**Entry Fee:** Entry fee is \$140 for both a boys and girls team or \$75 for one gender. Checks can be made payable to Governor Thomas Johnson High School.

**Facilities:** Restrooms and concessions will be available. Locker rooms are not available. T-shirts will be sold.

We have roll out runways for both the long/triple jump runway as well as the pole vault runway.

**Contact:** Nicholas Snyder

240-236-8335 (phone)

240-236-8201 (fax)

[Nicholas.snyder@fcps.org](mailto:Nicholas.snyder@fcps.org)

**Awards:** Medals will be awarded to the top 3 finishers in each event. Ribbons will be given for places 4-6. Team trophies will be given to the top 2 teams for each gender.

**Entries:** Each team is allowed 2 entries per individual event and up to 6 wildcards to be used in any individual event and one varsity relay. In the JV relays, each team is allowed 2 JV relays. Athletes are only permitted to compete in 4 events.

Your entries and payment need to be received by March 24, 2010. All entries must be entered into

[www.athletic.net](http://www.athletic.net) by 6:00pm on the 24<sup>th</sup>. Entries will not be accepted after that time.

<http://www.Athletic.net/Wizard/Default.aspx?Reg=T906377>

Entry fees can be sent to:

Governor Thomas Johnson High School

c/o Nicholas Snyder

1501 North Market Street

Frederick MD, 21701

### Schedule/Order of Events

- 7:30 The stadium will be open
- 8:30 Coaches meeting in the press box
- 9:00 Field events begin
- 9:00 JV 4x8's—girls then boys
- 9:30 Varsity Track events begin

#### Track Events:

- 9:00 JV 4x800's—Coaches are responsible for getting their athletes times.  
Girls will be followed by boys.
  
- 9:30 100m Prelims (B then G)  
110HH Prelims (B)  
100HH Prelims (G)  
Girls DMR (1200-400-800-1600)  
Boys DMR (1200-400-800-1600)  
JV 4x800m Relay—Coaches are responsible for getting their athletes times.  
100HH Finals  
110HH Finals  
100m Finals  
1 Mile Final  
SMR (400-200-200-800)  
400m Final  
3200m Final  
400IH Final  
200m Final  
800m Final  
4x100m Relay  
JV 4x100—Coaches are responsible for getting their athletes times.  
4x400m Relay  
JV 4x400m Relay—Coaches are responsible for getting their athletes times.

#### Field Events:

- 9:00 Girls HJ (4') followed by boys (5')
- Boys PV (9'6") followed by girls (6')
- Boys Shot put followed by girls
- Girls Discus followed by boys

#### Long and Triple Jump:

- Open Pit Girls Long Jump 9:00-10:20
- Open Pit Boys Long Jump 10:30-11:50
- Open Pit Girls Triple Jump 12:00-1:20
- Open Pit Boys Triple Jump 1:30-3:00