PHILLIPS-MCCAIN INVITATIONAL

Dear Coach:

On **Saturday April 24, 2010**, the **Eleventh 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.

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
1600M Relay
3200M 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*

Field Events:

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

**Each school is allowed one entry*
***Each school is allowed two entries*

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.