

**THOMAS JEFFERSON HIGH SCHOOL
FOR SCIENCE AND TECHNOLOGY PRESENTS:
THE 11th ANNUAL TJ PENULTIMATE T&F EXPERIENCE
MAY 10, 2008**

A Track and Field Invitational which we hope will be coach, athlete, and spectator friendly.

WHY ATTEND?

- An additional opportunity for athletes to obtain a qualifying mark with FAT accuracy.
- A final tune up for athletes before the championship portion of your season.
- A last chance for that promising JV runner.
- None of the pressure / hassles involved with team scoring.

WHO?

Approximately 30-35 teams from VA, MD, and DC.

Entry Fee: \$200 received by Monday May 5th \$125 for single gender teams.

Mail to:

TJHSST c/o Matt Ryan

6560 Braddock Rd

Alexandria, Va. 22312

Payable to: Colonial Athletic Boosters

Entry Limitations: 1 relay per school, 3 individuals per event – 4 in the 100m, 200m and 110/100m HH events

Entry Deadline: May 8th by NOON – No exceptions

Entry Format: Hy-Tek only. Email to Matt Ryan at colonialtnf@yahoo.com by **May 8th at NOON.**

No paper entries will be accepted.

Field Events:

No Finals; athletes will be given 4 attempts. Teams must provide their own implements for the Shot and Discus. Flights will run from seeded to unseeded.

Running Events:

Sections will run from seeded to unseeded. Please remember to make all scratches from 8:30 – 9:00am so we can run an efficient and enjoyable meet.

Scratches:

Coaches will be required to make any and all scratches in the running events from 8:30-9:00am the morning of the meet. All events with the exception of the 3200m run will be seeded after scratches have been made.

Coaches may substitute at this time ONLY – NO additions will be accepted!!

Please help ensure that the meet runs efficiently by making all scratches from 8:30-9:00am. No one wants to watch sections with empty lanes.

Awards:

Medals will be awarded to the top 6 in each individual events and members of the top 3 relays.

No team scoring.

Results:

Results will be posted at the following websites; colonialtnf.com, milestat.com and nvcctfa.com.

Short sleeve T-shirts will be sold for \$12 and Concessions will be available throughout the meet.

Admission will be \$5 for adults.

Meet Director: Matt Ryan can be reached at colonialtnf@yahoo.com

