

## Movin Shoes Elmer Runge Classic 2009

January 2009

Dear Coach:

It is our pleasure to invite you to the 6th Annual Movin Shoes Elmer Runge Classic at Patrick Henry High School. This year's meet will be held on **Saturday, April 4, 2008**, with field events starting at 8:30 a.m. and running events starting at 9:00. We anticipate that the meet will end around 2:00 p.m.

Entries will be limited to 20 teams. If you are interested in attending this year's meet, please contact us via email. Each coach will be required to submit entries online at <http://athletic.net> by Monday, March 31. As we did last year, each athlete will be assigned a number that will be written on his/her forearm. If you don't have a full team but would like to bring a few of your athletes to compete, please contact us. We are willing to accommodate additional athletes where possible. Schools from outside of San Diego must provide contact information for their sanctioning organization.

We invite teams to nominate individual athletes for consideration for the Thom Hunt Miles. Nominations may be submitted via email or telephone.

### Events:

In addition to standard CIF events, we will have Boys Frosh/Soph heats in the 1600m, 400m, and 100m. Once again this year, we will run **The Thom Hunt Mile, which will feature the top 12 – 15 milers.**

400 relay	100m	3200m	high jump
1600/ ( <b>Thom Hunt Miles</b> )	800m	1600 relay	pole vault
100/110 HH	300H	long jump	discus
400m	200m	triple jump	shot put

During the scheduled break, we will run exhibition relays for middle and elementary school athletes.

For more information please visit [runge.phhsxc.com](http://runge.phhsxc.com)!

We have included meet specifics below. If you have any further questions, please contact Tom Sweet at (858) 243-4260 (cell), or Andrew Myette at (619) 857-1332 (cell). You can also contact us via email: [tsweet@sandi.net](mailto:tsweet@sandi.net) or [amyette@sandi.net](mailto:amyette@sandi.net)

Tom Sweet  
Head Track Coach  
Patrick Henry High School

Andrew Myette  
Head Track Coach  
Patrick Henry High School

## Movin Shoes Elmer Runge Classic 2009

### Meet Specifics:

Date: Saturday, April 4, 2009

Place: Patrick Henry High School, San Diego, CA

Time: 8:30 a.m. – 2:00 p.m.

Facility: 9 lane all-weather track  
Shot and discus rings are concrete

Entries: Each team will be allowed:

- **1 relay team per each relay event**
- **2 athletes in all lane races and field events.**
- **3 athletes in the 1600m and 3200m events**
- **18 total athletes in pole vault**  
\*\*\*Additional heats may be added if necessary\*\*\*

**Please bring additional athletes so we can fill all lane races.**

**We will use a 3-alley start in the mile and two mile, and will be able to run 27 athletes per race in these two events.**

Trials: Each athlete will be allowed 4 trials in all field events – no finals.

Medals:

- **Standard Events: Top four in each full heat or flight. (Minimum of 1<sup>st</sup> and 2<sup>nd</sup> in any heat)**
- **Winner of the Thom Hunt Mile will receive a plaque (one boy, one girl). 2<sup>nd</sup> – 6<sup>th</sup> place will medal.**

Opening Heights: High Jump: 4'4" Girls / 5'6" Boys  
Pole Vault: 7'0" Girls/ 9'6" Boys

Cost: \$150 per team / \$300 for both a men's and a women's team Due ASAP

Admission: \$5.00 for adults; \$3.00 for students (with ID card) and children under 12

Spikes: 3/16<sup>th</sup> needle spikes. Athletes caught using competing in other spikes will be disqualified from all remaining events.

Food: A full snack bar will be available on both sides of the stadium.

T-Shirts: Movin Shoes Elmer Runge Classic T-Shirts

Code of Conduct: All CIF rules for attire/uniforms and electronic devices will be enforced. This means NO ELECTRONIC DEVICES will be permitted on the infield.

**Movin Shoes Elmer Runge Classic 2009**

School Name: \_\_\_\_\_ will participate in the  
Movin Shoes / Elmer Runge Classic 2009 that will be held on Saturday, April 4, 2009 at  
Patrick Henry High School. We agree to pay the entry fee of \$150.00 or \$300.00 for both  
a men's and a women's team.

Signature of Coach: \_\_\_\_\_

Coach: \_\_\_\_\_

School: \_\_\_\_\_

Coach's Phone #: \_\_\_\_\_

Coach's email address: \_\_\_\_\_

**Schools that cancel will be charged a \$100.00 cancellation fee.**

Mail Entries or Fax entry contract to:

Andrew Myette/Tom Sweet

Meet Directors

Elmer Runge Classic

Patrick Henry High School

6702 Wandermere Drive

San Diego, CA 92120

Fax: 619-229-0370