

2024

LIBERTY INVITATIONAL

Sat. March 30th

Admission: General Admission - Adults \$10.00, Students with ASB \$5.00, under 5 - Free

Cost: \$150.00 – Includes Boys & Girls Team entries

Please make every effort to have payments handled prior to the meet.

Entries: The Liberty Invitational is formatted for 12 teams. **3 entries** will be accepted per event. The top 2 marks from any team are automatically entered and the 3rd will be considered an alternate to fill the field if needed. For team scoring purposes, only 2 athletes per team will score per event. 3 athletes may be entered in the 1600 & 3200 as long as the 3rd athlete meets the following: Cutoff for Boys: 5:00 & 11:00, for Girls 6:00 & 13:00. Only one relay team per race. 2 ~ 3 heats in laned events will be seeded by best time/effort this year but an honest seed time based on current fitness/past performance will be considered. All heats will be considered as timed finals with the last Heat as the fast heat. Final heat sheets will be avail. after the 10:00am scratch meeting on Sat. **Entries must be submitted by 9:00am Thurs, March 28th** via Athletic.Net. Confirmation of entries will be e-mailed/poster by **12pm on Friday, March 29th**.

Competition surfaces:

All weather Track, Long Jump/Triple Jump, javelin run-ways, and high jump approaches are all weather surface (tartan type composite) 1/4" max spikes only.
We will not be contesting Pole Vault.

Timing: Auto-timing by the Newings.

Medals: Top three individuals per event will be awarded.

Concessions: Food and drinks will be available.

INVOICE

Fees: \$150.00 – Includes Boys & Girls Team entries

Please make your check Payable to:

Liberty High School ASB
16655 SE 136th St.
Renton, WA 98059
Ph: 425-837-4800 fax: 425-837-4905