

Mustangs Invitational

Date: May 2, 2026

Place: San Marin High School, 15 San Marin Drive, Novato, CA 94947

Meet Director: Art Marthinsen, 415-328-0291, artsusie@verizon.net

Meet Type – This a Frosh/Soph meet for both Girls and Boys

Seeding – Heats will be run slowest to fastest. For the sprint events, we will see who has checked in and then the heats will be assigned.

Medals – Top 3 in each event

Cost and Deadline

Cost - \$10 per event/Maximum per school is \$300

Entry Deadline – Thursday April 30 at Noon.

Checks Payable to San Marin High School

You can bring your check to the meet or you can mail them to:

Art Marthinsen, 2381 Dominic Dr. Novato, CA 94947

Admission

Adults - \$5

Under 18 – No Charge

Events

Frosh/Soph divisions include all 16 of the standard events. The 4x400 will be co-ed.

Field Events Logistics

Long Jump and Triple Jump (3 Jumps, No Finals, Open Pit)

Shot Put and Discus (3 Throws, No Finals)

High Jump starting height – Girls 3'8", Boys 4'4"

Pole Vault starting height – Girls 5'0" Boys 7'0"

In case of a tie, each person in the tie will get a medal.

Field Event Order (Starting at 9:00)

Long Jump – Girls, then Boys

Triple Jump (After Long Jump) – Girls, then Boys

Shot Put – Boys, then Girls

Discus – Girls, then Boys

High Jump – Boys, then Girls

Pole Vault – Girls, then Boys

Running Events will begin at 10:00

Running schedule is Girls going first, followed by the Boys.

Order of Running Events

4x100

1600

100H/110H - Girls@ 33 inches. Boys @ 36 Inches

400

100

800

300H – Both Divisions @ 30 Inches

200

3200

Coed 4x400