

Final Information (Please Read!)

No warm-up on the infield. Warm-up area is in the parking lot outside the lower gate near the clerk and at the top of the bleachers and out the gate.

- 1.) **NO adds** after Meet Entry Deadline! **Please report to coaches meeting by 8:30AM SHARP!**
- 2.) Each team that enters **pole vaulters** will be given **ONE field pass (included in this packet)** so that your coach can be on the infield near the pole vault in the marked box.
- 3.) In order to speed up the field events, we will have **minimum markers**. These distances are roughly 10% less than the qualifying mark needed to enter the meet and should be attainable by any athlete entered...they are listed on the Order of Events in the first page of the program.
- 4.) **AWARDS:** Medals will be awarded to the **top 5 in each event** (not heat or flight) in Frosh/Soph and Varsity Divisions. Athletes will receive their medals on the awards podium at the conclusion of each event.
- 5.) **TIMING:** All **individual events and relay anchors** must have **hip numbers**.
- 6.) **DRESSING FACILITIES:** Locker rooms will be available for boys and girls. Bring your own towel.
- 7.) **TRAINER:** A trainer will be set up on the field near the score board. **Please bring your own tape.**
- 8.) **SPIKES:** Only 1/8" or **3/16" needle** spike may be used on the synthetic track and runways surfaces. Sets of 14 - 3/16" spikes for sale at team check-in table for **\$3.00**.
- 9.) **GATES:** The stadium opens at 8:00 AM... Adults: \$7.00, Students/Seniors \$4.00, and Children \$2.00.
- 10.) ALL BUSES should drop athletes off up at the **top gate**. There will be a parking assistant at the lower lot redirecting any bus that tries to unload near the lower gate. Buses will then be directed to park over on the West Campus.
- 11.) **C.I.F. RULES WILL APPLY:**
 - A. The **uniform rules** will be strictly enforced.
 - B. The **90 seconds rule** (pole vault) and **60 seconds rule** will apply to all field events.
 - C. In the field events other than the High Jump and Pole Vault, Varsity athletes will be allowed **4 jumps or throws, Frosh/Soph 3 jumps or throws.**

12.) CANOPIES & RADIOS: There is only room for canopies on the **top 5 rows** of the stadium. Please do not block the view from the press box or other teams. **No radios, boom boxes, etc.** will be allowed into the stadium. Please leave them at home.

13.) T-SHIRTS: This years' t-shirt is available at the top of the stadium next to the press box. **2016 shirt - \$15.00.** Past years shirts - \$12.00.

14.) PARKING: Parking will be available next to and across from the stadium. Both entrances are on Loma Alta Drive.

15.) Please CLEAN UP AFTER YOURSELF. There are **garbage bags in your packets.**

16.) HIGHLIGHTS: If you have any athletes you would like the announcer to highlight during the meet, please write their names on a separate sheet of paper with your school name, what events they are in, and their outstanding marks.

17.) We now have **4 X 200** exchange zones marked on the track and athletes will **STAY IN THEIR LANES for the whole race.**

18.) Remind athletes: **NO FOOD or DRINK or CHAIRS on the infield....**especially over at pole vault!

Only athletes **CURRENTLY COMPETING**, or after being **called to get their medals**, are **allowed on the infield!**

HAVE A GOOD MEET!