

PARKING: All attendees (athletes and spectators) can park on either of the two parking lots on the west end of campus (both can be entered via El Monte Ave.) or along the surrounding city streets.

WAIVER: All competing athletes must bring a signed waiver (attached below) to the meet. This is different from any waiver you might have signed and turned in at any of the qualifiers.

ATHLETE ADMISSION: Athlete entrance is via the walk-in street gate located along Campus Dr., near the **northwest corner** of the stadium. After submitting your signed waiver, each athlete will enter the gate and receive a wristband (for access to the stadium and the infield). All others will be responsible for purchasing a ticket at the spectator's entrance. Athlete gate opens at 8 a.m. (Note: Boys pole vaulters will be allowed to enter at 7:45 a.m. to begin their warm-ups for the 9 a.m. event start)

SPECTATOR/GENERAL ADMISSION: All non-competing athletes (parents, coaches, fans, etc.) will be responsible for purchasing a ticket and entering via the spectators' entrance via the walk-in street gate located along Campus Dr., near the **northeast corner** of the stadium. Spectator/general admission opens at 8 a.m. This is the only gate that will allow entry access for the public into the Winter Championships.

General Admission: Adults: **\$10** HS Students w/ID and Children under 13: **\$5**

SPIKES:

3/16" needle spikes only. We will check spikes for ALL athletes that enter through the team gate. Plan ahead by having your competition shoes with the correct spikes already in. Spikes will be on sale for \$4.00 a set.

CANOPY/WARM-UP AREA:

Teams may set up canopies on the top rows of the bleachers or on the grass field adjacent to the southwest corner of the track. The grass field adjacent to the northwest corner of the track is the athlete warm-up field. No tents on the northwest warm-up field!

SCRATCHES / ADDS:

All events have been seeded and there are *no adds.* Only scratches..... No Exceptions!

TIME SCHEDULE:

The final schedule is now posted. The time schedule will have the approximate starting times for each event. We will not go more than 10 minutes ahead of schedule.

CLERK OF THE COURSE/STAGING AREA:

The clerk of the course/staging area for track events is located at the gold/red canopy located near the southwest corner of the track. Track event athletes are responsible for checking in with the clerk by the last call for their event. If this is not done, he/she will be scratched from that event. Please listen for these calls from the clerk. Field event athletes can only enter the track from the northwest curve of the track and must report to the respective office at his/her field event area to check in for competition.

CALL SCHEDULE:

- 25 minutes prior to an event first call
- 15 minutes prior to an event second call
- 10 minutes prior to an event third & final call

Athletes in BOTH a field event and running event must keep up on the time schedule and the calls for their event(s). A field event athlete must return and check-in with the clerk and go to the staging area if they are in a track event. Failure to do so will result in a scratch. ALL athletes in running events must check-in with the clerk of the course in the staging area.

GENERAL INFORMATION – TRACK:

- Only competing athletes, officials and meet management are allowed on the infield.
- All members of Relay Teams must wear matching uniforms/outfits and MUST BE enrolled at the same high school *(No All-Star Teams!)*
- 4x200 & Sprint Medley Relays will use a 3-turn stagger.
- 4x800 & distance medley will use a waterfall start.
- 600m, 1500m, & 3000m races will use a waterfall start.

GENERAL INFORMATION – FIELD EVENTS:

- Only competing athletes, officials and meet management are allowed on the infield.
- Field event athletes must check in one hour before the start of their event (all flights / athletes)
- Athletes may be excused for a maximum of thirty (30) minutes to participate in another event
- Permission to leave must be granted by the official running the event and is noted on the Official Event Sheet
- For HJ/PV, an athlete may request to complete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining that he/she was excused with. In both cases, the competition will continue and he/she will re-enter at wherever the crossbar has been raised during said excused absence

THROWS:

- Implements will be checked and weighed.
- Those implements passing inspection will be impounded until the start of the event. No other implements can be used!
- All competitors will be given 4 attempts

LONG JUMP / TRIPLE JUMP

- Athletes must check in one hour before the start of their event
- All competitors will be given 4 attempts

HJ/PV:

- Continuing flights of five (5) will be rotated in using the "Five Alive" format.
- Tentative starting heights are as follows:
 - Girls High Jump: 4'10"
 - Boys High Jump: 5'9"
 - Girls Pole Vault: 9'9"
 - Boys Pole Vault: 12'9"

<u>SCORING</u>: Will be done using a 10-8-6-5-4-3-2-1 scoring system for the top eight marks in each event. To be eligible for team scoring, all team members must attend the same high school *(No All-Star Teams)*

AWARDS:

The top 6 athletes in each event will receive an award

APPEALS:

The Appeals Table will be located in the cement area at the northwest exterior corner of the track that is adjacent to the finish line. Results will be posted on the wall of the single-story white building just northwest of the finish line. Appeals are to be submitted in writing and should be lodged immediately following the event, but in no case no later than thirty (30) minutes after the results of that event have been posted on the results board. The Jury of Appeals will make the final decision regarding any appeal.

SNACK BAR:

A full snack bar offering both hot foods, drinks and snacks will be open during the duration of the meet.

TRACK & FIELD EQUIPMENT AND SOUVENIR APPAREL:

VS Athletics and Relay Apparel will have vendor booths located at the northeast corner of the stadium.