

Fifth Annual San Gabriel Valley Track and Field Championships
Saturday, April 24, 2010
West Covina High School

Time: All Events start at 10:00am, gates will open at 8:30am.

Tickets: \$5 for adults, \$2 for students with ASB cards and kids.

Facilities: Eight-lane all-weather track and runways. All jumps are within the oval; throws will be contested in the area immediately north of the track with accommodations for spectators. There is a large warm up area east of stadium adjacent to the Clerk of the Course.

Amenities: There will be full concessions, programs, t-shirt sales, *ample restrooms*, and complimentary lunches for coaches.

Divisions: Varsity and Frosh/Soph Divisions for boys and girls. 32-48 athletes will be accepted to compete in Varsity track races, and 12-24 in field events. In the Frosh/Soph division the top 16-32 athletes will compete on the track and 12-24 in the field events. Placing will be determined by the top marks from all the heats or flights.

Awards: Medals will be awarded to the top six finishers in each division.
Embroidered jacket patches will be awarded to all varsity champions.
A perpetual championship trophy will be awarded to the winning Varsity teams to be kept for one year.
The Milan Stewart Award, honoring the late and long-time coach of the Vikings Track Club and West Covina High School, will be given to the top male and female athletes of the meet.
Additional awards for the top Varsity sprinter/hurdler, distance runner and field event athlete for boys and girls.
Small Schools Athlete of the Meet award for competitors from Div IV schools.

Entries: Every participating school will be guaranteed four individual entries, and all relay entries will be accepted.

The top heats/flights will include the best performers regardless of school affiliation. The other heats or flights will be filled by a process that balances performance, broad participation and the guaranteed spots, so that one school's #1 athlete in an event may receive precedence over another school's #3 athlete even though the latter athlete might have a slightly better mark.

This is a late season, championship meet, so please use only actual marks achieved this season.

All entries will be made online through Athletic.net. Please consider using this excellent resource for recording all of your athlete's marks for the entire season. (For an example of how useful this site can be, look at Glendora HS's page at Athletic.net)

Entries must be received by 9:00 pm on Monday, April 20. There are no minimum standards, and you will be charged for accepted entries only.

If you participated in the meet before, or are already signed up with Athletic.net, you merely need to add the meet to your schedule to input your entries. If you have never used Athletic.net, you can expedite the free sign-up process by following this link:
<http://www.athletic.net/Wizard/Default.aspx?Reg=T901326>

Accepted Entries and Alternates will be emailed to coaches and posted on the meet website by Tuesday night, April 21. Your fees will be based on this list.

Scratches made after the accepted entry list has been published and up to check-in time at the Clerk will be filled from the alternate list. Please note that since athletes qualify individually, schools may not substitute another athlete for the athlete who has scratched.

Fees: \$6 per accepted entry, with a maximum fee of \$400 for each school - \$200 max for single gender schools. Checks for the fees should be made out to "Glendora Track and Field Boosters". If your school cannot produce a check by the meet date, or if the check is "in the mail", you may pay with a personal check, which will be held for three weeks in anticipation of the school check.

Access: Athletes are allowed on the infield and track only when competing. There will be designated coaching areas near the field events; otherwise coaches may not enter the infield or the track.

Check-In: Athletes must check in with the Clerk as early as two hours but no later than 45 minutes before scheduled start time of their event. This will allow us to run full heats by accounting for late scratches, and enable the athletes to warm up properly rather than being held at the clerk for a long time. Athletes will then be called back to the clerk 15 minutes before their race to receive final heat assignments and hip numbers. Athletes who do not check in and who do not receive a hip number will not participate. Coaches, please make sure your athletes understand this process.

Field event athletes should check in directly to the officials at their event site fifteen minutes before the event's scheduled start time.

Results: Will be posted shortly after each event near the West grandstand and at the Clerk. Complete results will be posted after the meet at dyestatcal.com and SGVTrackandField.net

Contact: The meet director is Bob Ramsey from Glendora HS.
Email: bramseyjr@gmail.com Phone: 626/823-2377
Website: www.sgvtrackandfield.net

A more detailed listing of meet day issues – bus parking, tent sites, opening heights, field event certifications - will be sent to all participating schools shortly before the event.