

14th Annual San Gabriel Valley Track and Field Championships

Saturday, April 13th, 2019 at Covina District Field

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

Tickets: \$8 for adults; r3 for students with ASB cards and kids.

Facilities: Nine-lane all-weather Benyon track and runways. All field events are contested inside the stadium.

Amenities: There will be full and varied concessions, *ample restrooms*, meet programs, tee shirts (\$10) and Varsity Jacket Participant patches (\$25)

Competition: Varsity and Frosh/Soph Divisions for boys and girls. Track races will be timed finals. In Varsity LJ, TJ, SP, DT athletes will receive 3 trials, with the top nine advancing to a final flight where they will receive 3 more trials. F/S field events get 4 trials

Awards: **Medals** will be awarded to the **top six finishers** in each division. Embroidered jacket patches will be awarded to all Varsity Champions.

Championship trophies will be awarded to each division winner.

Athlete of the Meet Awards will be given to the top boy and girl of the meet.

Entries: We will **accept 27-45 athletes** to compete in Varsity and F/S track races, the quality and amount of entries determining the final number. We will accept **27-36** in throws and horizontal jumps and a smaller group in the vertical jumps.

Every participating school is **guaranteed six accepted Varsity entries per gender**, and all Varsity relay entries will be accepted

The **top sections/flights** will include the best entrants 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 entry mark..

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.

Entries will close at 9:00 pm on Tuesday, April 2nd. (Please note, this is earlier than previous years) There are no minimum standards for entry, and you will be charged for accepted entries only.

We will give priority to documented entry marks. Documented marks must be 1) achieved in an invitational meet with publicly posted marks. 2) Dual meets recorded contemporaneously in Athletic.net, i.e. teams must document their season on that website.

A list preliminary Accepted Entries & Alternates, Meet Schedule, and Opening Heights will be emailed to coaches by **9:00 pm on Wednesday, April 3**. You will have 24 hours to edit and correct your entries. The final Accepted Entries will be emailed and published on **Friday, April 5**. Your fees will be based on this list.

Unlike previous years, we will not have meet day alternates. Instead, we will overfill each event in anticipation of meet day scratches, and will add heats in lane races if needed on meet day.

Fees: \$10 per accepted entry (including relays), with a maximum fee of \$600 for each school - \$300 for single gender schools. Checks for the fees should be made out to "Covina High School". 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 in lane races (100-800, Hurdles & Relays) 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 allows us run full and properly seeded heats by accounting for late scratches, and enables the athletes to warm up properly rather than being held at the clerk for a long time. 1600 & 3200 athletes may skip this step.

All track athletes should report to the clerk 20 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 twenty minutes before the event's scheduled start time.

Spikes: 1/4" pyramid ONLY – Spikes will be for sale on meet day - \$5 for 12

Results: Live results will be available on the Finished Results app. Printed results will be posted shortly after each event. Complete results will be posted after the meet at PrepCalTrack.com, FinishedResults.com and SGVTrackandField.net, and will be emailed to the coaches.

Contact: The Meet Director is Bob Ramsey
bramseyjr@gmail.com 626/823-2377
sgvtrackandfield.net