

Asics ORANGE COUNTY TRACK & FIELD CHAMPIONSHIPS
Saturday, April 21ST, 2012
MISSION VIEJO HIGH SCHOOL

**** Coaches please read the following information.**

- TIME:** Running events start at 8:30 a.m., and field events at 9:00 a.m. Gates will open at 7:00 a.m.
- FACILITIES:** Nine-lane 400m polyurethane track and runways. Athletes must wear 3/16" spikes. We will sell a limited number spikes at the meet and the concession stands will be open.
- AWARDS:** Orange County Championship awards will be given to the top **8** performers in all events on both varsity and frosh/soph levels. Varsity Athlete of the Meet awards will go to the overall top distance, field and sprint athletes. A perpetual championship trophy will stay with the winning varsity team for one year. Team awards will go to first place and runner-up in the varsity and only first place in the frosh/soph. In case of a tie, the points will be split equally and all athletes will receive an award. Coaches are to stay off the field unless requested to be there by meet management. Coaches may use the Coaches Corner, located with the t-shirt sales to communicate with meet management at the finish line when they are ready to pickup their awards.
- ENTRIES:** Coaches must log onto www.episports.com to enter their athletes. Each school will be allowed **TWO** entries for each event and marks must be 2012 and not best all time marks. The number of races to be contested in each event is stated on the order of events. See field events for starting heights and measurable marks. **Coaches may start entering their athletes on Sun. March 4th. Entries will closed by 1 P.M. on Sunday April 15th. When entering a hand time or FAT coaches are required to use the note box (mark and meet) on episports.com for the varsity athlete to be considered for the fastest lane race. I will review all meet marks reported to the OC Register and episports prior to seeding the events. **** FOR WILD CARD ENTRIES, REFER TO THE BOTTOM OF THE COACHES LETTER.******
- ATHLETE REPLACEMENT:** An athlete, who is a "no show" due to illness or injury may be replaced with another athlete from the same school. Adds are treated as new entries and Coaches must pay \$10.00 per individual event and \$40.00 (relay) for an add Card at the coaches check-in, for space available. Add cards are presented at the clerk of the course or the field event official.
- ENTRY FEE:** The fee is \$10.00 per event, and \$40.00 per relay team. **Fees are to be paid once the declaration sheets have be returned by fax or e-mail to confirm your entries.** Make all checks payable to: Esperanza Track Boosters, *c/o Al Britt*, 29396 Port Royal Way, Laguna Niguel, Ca. 92677. Do not mail checks to Esperanza H.S. You may contact me at 949-249-2045, or e-mail abritt28@cox.net. **A personal check will be required if you are unable to obtain a school check by April 21st.** We will hold all personal checks for a period of 10 working days.
- FIELD EVENTS:** A total of 3 efforts for the F/S Long Jump & Triple Jump and 4 efforts in the Varsity. Shot Put & Discus will get 3 efforts in prelims and the Top 9 will get 3 additional efforts. Shot Puts will be provided for the competition, and Discus will be weighed. **Jumping event athletes are to report for check in with the jumping official when their event is called. Coaches and athletes' must be aware that all event times are approximate. Events may finish prior to their approximate times and may start sooner than their approximate times. If an athlete needs to leave a jumping event to compete in a running event, they must first checkout with their field official, and then upon the athletes return to the jumping event the athlete will be inserted into the current jumping flight. Athletes may also select to jump prior to their assigned flight. If an athlete returns to the jumping event after it has been completed the event will NOT be reopened.**

STARTING HEIGHTS: Boys High Jump: Varsity 5'8" Frosh/Soph 5'4"
Girls High Jump: Varsity 4'8" Frosh/Soph 4'6"
Boys Pole Vault: Varsity 12'0" Frosh/Soph 10'0"
Girls Pole Vault: Varsity 9'0" Frosh/Soph 8'0"

* competition to be conducted in continuous flights.

MEASURABLE MARKS: Boys Long Jump: Varsity 19'0" Frosh/Soph 18'0"
Girls Long Jump: Varsity 15'0" Frosh/Soph 14'0"
Boys Triple Jump: Varsity 39'0" Frosh/Soph 37'0"
Girls Triple Jump: Varsity 31'0" Frosh/Soph 29'0"
Boys Shot Put: Varsity 46'0" Frosh/Soph 44'0"
Girls Shot Put: Varsity 30'0" Frosh/Soph 28'0"
Boys Discus: Varsity 140'0" Frosh/Soph 110'0"
Girls Discus: Varsity 100'0" Frosh/Soph 80'0"

TIMING: Finish lynx timing system will be used in selecting the top 8 places in each running event. If there is a malfunction of the timing system the games committee reserves the right to rerun any race where an accurate time/picture is required for placing. Races may be recalled if the system does not activate.

CLERK OF COURSE: All runners must check in with the Clerk 15 minutes prior to their event. **Athletes who do not check in will be disqualified.** The CLERK OF THE COURSE will be located on the warm up area across from the North West end of the track. **Relay teams may check in with only one athlete; however it is the responsibility of the coach and relay athletes to be on the track for the correct race and compete in the assigned lane.** If an athlete or relay team runs in the wrong race or lane they will be disqualified. ****ATHLETES WHO ARE NOT COMPETING ARE TO STAY OFF THE INFIEL D AND COMPETITION AREA DURING THE MEET!**

TRAINER: We will have a trainer available for injured athletes only. Each school is asked to supply their own tape.

SEATING: A few canopies will be allowed on the press box side at the top of the South seating section only, the remainder of the canopies must be at the top on the West bleachers or in the warm-up area. Parents and spectators are to sit at the finish line on the East bleachers.

T-SHIRTS: T-shirts will be on sale for \$12.00.

ADMISSIONS: Adults-\$8.00; Students-W/O ASB card \$5.00; W/ ASB card \$3.00; under 10-\$2.00
CIF Cards will be honored.

FREE PARKING: Please review the attached diagram for parking. Parents and spectators may park in the Mission Viejo parking lot. Buses will park in the far upper Southern parking lot. If this lot is filled then Buses may park at La Paz Jr. High School. Bus drivers will receive a map as they arrive at the meet.

SPECIAL NOTE: Radios, soccer balls, and footballs are not allowed at the meet. Athletes attending this meet must be under the supervision of a coaching staff member. (State and Southern Section Rule 307).

Sport drinks, Soda, Gum, Sunflower Seeds, etc. are not allowed on the artificial infield.