



TRABUCO HILLS/ *ASICS* TRACK AND FIELD INVITATIONAL

April 2nd and 3rd , 2010

IMPORTANT " *Trabuco Hills/ Asics Invitational* " INFORMATION

HOW THE MEET WORKS – Athletes who do not qualify for the Individual Invitational races will be placed in Open Events, there are four or five Open heats and one Invitational heat. Heats are seeded from Slowest to Fastest with **the fastest heat becoming the Invitational heat**. There will be a "Distance Carnival" for Open Distance Races and Open Distance Relays on Friday night.

INVITATIONAL FEES:

\$6.00 PER ATHLETE PER EVENT - (\$500 Maximum for boys team - \$500 Maximum for girls team)

\$24 PER RELAY TEAM

Head Coaches – We will provide each Head Coach a complimentary Lunch – Hamburger or hot dog, chips and a drink. You will receive a lunch ticket in your packet.

Entries will be on line again this year at www.episports.com

ATHLETE'S ADMISSION: Athletes will have their hand stamped at the Athletes check in gate on the South side of the food service building, for admission to the stadium area. Athletes must be wearing their uniform.

ENTRY DEADLINE – Friday, MARCH 26th, 2010 : SCRATCHES Please notify us immediately of any scratches at FAX (949) 770-5007 ,E-mail jackrecla@sbcglobal.net or Cell (949) 285-4893, so we may notify the alternate. This will ensure a full field for every event and make for a better meet. ALL SCRATCHES MUST BE MADE NO LATER THAN TUESDAY, MARCH 30TH (PLEASE CALL AND VERIFY IF YOU FAX). **YOU WILL BE RESPONSIBLE FOR PAYING FOR SCRATCHES MADE AFTER Tuesday, March 30th, 2010**

ALL ENTRY INFORMATION WILL BE EMAILED TO YOU AT YOUR EMAIL ADDRESS On Sunday, March 28th, 2010.

ENTRY LISTS WILL BE POSTED ON www.dyestatcal.com AND www.trabucoinvite.com on March 29th .

OUR PARKING STRUCTURE IS COMPLETE- HOWEVER BUSES WILL ENTER OFF OF RANCHO SANTA MARGARITA PARKWAY AND DROP ATHLETES OFF ON THE BASKETBALL COURTS IN THE BACK OF THE SCHOOL. **BUSES WILL PARK NEXT TO OAKLEY ON GLEN RANCH ROAD AND DEFINITION.** ATHLETES WILL ENTER THE STADIUM THROUGH THE HOME SIDE

DOUBLE GATES (THERE WILL BE SIGNS POSTED. THERE WILL BE PARKING ON THE EAST SIDE OF THE SCHOOL IN THE LOS ALISOS AVE PARKING LOT AND THE TWO STORY PARKING STRUCTURE ON MUSTANG RUN FOR INDIVIDUAL CARS – NO BUSES.

STARTING HEIGHTS: Starting heights will be determined after the fields for the high jump and pole vault have been selected. In the throws and long and triple jumps, the fields will be broken down into flights. The athletes in the Invitational flight will rotate in taking three trials each. Seven athletes will qualify for the finals. Following the same routine, each athlete who qualifies shall have three more trials in the finals, in reverse order of their trials performance. In F/S and Open field events, four trials will be given.

TIME LIMIT: The one and half minute time limit in the field events will be strictly enforced. Only exceptions will be to obtain an official's permission to leave for another event and to return within ten minutes.

ALLEY STARTS: The 800's, 1600's, 3200's and Distance Medley Relays will use a one-turn staggered start with 3-4 individuals in a three lane box. As will be explained by the starter, athletes may break for the pole at the beginning of the backstretch.

BATONS: You may bring your own baton for relays, we will have batons on hand if your team forgets.

PARKING: The parking lot on Mustang Run is completed. Park cars only in the East parking lot where permitted and in the new two story parking structure on Mustang Run. Buses can drop off athletes in the basketball courts at the rear of the school and then be parked next to the Oakley factory on Glen Ranch Road and Definition. (Maps are posted on the web site and will be given to your bus drivers as you arrive).

DRESSING FACILITIES: Have your athletes come dressed to compete. Restroom facilities will be available. No showers or towels will be available.

GIRLS/BOYS FROSH/ SOPH EVENTS – Frosh / Soph girls/boys can enter OPEN or INVITATIONAL events. OPEN events are seeded from slowest to fastest. The Frosh/ Soph girls/boys will be seeded according to their ability in Open or Invitational events.

ENVELOPES: Pick up your envelopes at the credentials area, which is located near the Athletes gate on the South/East side of the stadium.

THE PACKETS WILL BE AVAILABLE FROM 7:00 A.M. UNTIL 2:30 P.M. They will contain your passes, programs, etc. All athletes will be admitted at the athletes entrance gate near the parking area and food service, only the number of athletes listed on your entries will be allowed to enter. Only coaches and athletes will be allowed to enter through the athlete's gate. All others MUST enter the stadium through the general admission gates. Do not bring managers. They will not be admitted at the athlete's gate.

PARTICIPANTS: All participants must remain in the north stands during the meet. Warm-up area will be on the grass on the upper fields. Athletes must go up the ramps to reach the Clerk Of The Course Area. No warm up will be permitted on the infield area of the track. There will be porta-potti's near the warm up area.

ALTERNATES: Should you have an athlete or relay team listed as an alternate they need to report to the Alternate Holding area before the third and final call ten minutes prior to an event's start. This alternate holding area will be next to the clerk of the course. The clerk of the course will not call over the public address system for an alternate. He will be close enough that he can see if alternates are available and call them where needed. **BE SURE TO HAVE AN ALTERNATE OR ONE MEMBER OF AN ALTERNATE RELAY TEAM IN THIS ALTERNATE AREA BEFORE THE LAST CALL FOR AN EVENT.**

CLERK OF THE COURSE: The clerk of the course will be located in the North West corner of the stadium. Field event athletes should report in at the field events clerk located near the long jump/ pole vault area of the track on the East end of the track. Field event athletes will be given a wrist band at the Field Event Clerk and they must wear the wrist band when they report to their field event area. Athletes are responsible for checking in with the clerk at the last call for their event. If this is not done an athlete will be replaced by an alternate. Please have your athlete, or a coach, listening for these calls from the clerk.

CALL SCHEDULE:

20 minutes prior to event - first call

15 minutes prior to event - second call

10 minutes prior to event - third call and check-in with clerk (alternates will be entered in race if athletes have not reported at this third and final call)

We have invited alternates who will replace athletes who do not show up by the final call. Athletes in BOTH a field event and running event must keep up on the time schedule and calls for their events. A field event athlete must return and check in with the clerk and go to the staging area if in a track event. Failure to do so will result in a scratch and an alternate will be checked into the race. ALL athletes in running events must check in with the clerk of the course who will direct them to the staging area. At the staging area, athletes will be assigned lanes, given hip numbers for the finish Lynx timing system and then taken to the start. **ALL ATHLETES MUST REPORT TO THE CLERK READY TO RUN, LEAVE ALL SWEATS, IPODS, CELL PHONES, BAGS ETC. IN THE STANDS! RUNNING SPIKES WILL BE CHECKED AGAIN AT THE STARTING LINE, PLEASE USE 3/16" PYRAMID SPIKES.**

AWARDS: There will be no team scoring or team trophy. **ASICS backpacks and medals will be awarded to 1st place finishers in all Invitational Races including Relays.** Medals will be awarded to 1st through 3rd places, including all relays. In the **"OPEN" and F/S events there will be 3 medals given per event.** When there is more than one race in an event, the top three entrants in each heat will receive medals also.

TRACK AND FIELD ATHLETES OF THE MEET AWARDS: At the end of the Invitational 3200, these outstanding athletes (Male and Female) will be selected by members of the working press. These awards will be presented at the end of the Invitational 1600m relays

ADMISSION PRICES:

\$6.00 - ADULT

\$4.00 with a high school ASB card

\$3.00 - 12 and under

PASSES: Only official CIF passes and working press passes will be honored at the gate.

OFFICIAL PROGRAMS: Programs will be sold all day for \$3 (each coach's packet will contain one program)

INVITATIONAL "T" SHIRTS: will be sold at the concession booths near the pole vault area

ENTRY FEES: Please remember that all entry fees must be paid prior to or at the time of picking up team packets at the credentials desk. School or Head Coaches personal checks will be accepted. Receipts will be issued.