

CAPITAL CLASSIC RELAYS

March 13, 2009

Welcome to the Second Annual Capital Classic Relays hosted by Sacramento City College and Laguna Creek High School at Hughes Stadium, home of the annual Sacramento Meet of Champions, Divisional, Masters and the California State High School Championship track and field meets. This is going to be a fun and exciting one day High School track & field meet. The format will include all field events, the *Classic open* and *relay* events for important early season qualifying marks, while featuring some relays that will be fun and challenging for all ability levels. For more details at this time, please contact Bryan Jilka for High School information bjilka@egusd.net or bjilka22@yahoo.com.

- Location** Sacramento City College – Hughes Stadium
- Date** Friday, March 13, 2009
- Facilities** The Capital Classic Relays will be held at Hughes Stadium. All events (running and field) are all located inside of Hughes Stadium. The track is a 400 meter CalTrax surface with nine 48” lanes, including all jumping runways and javelin. Please use ¼” spikes maximum for the track, high jump, long/triple jump and pole vault runways. Shot, discus and hammer rings are brushed concrete. Discus and Hammer share the same facility.
- Timing** Finish Lynx (Fully Automatic Timing)
- Divisions** Boys: High School Varsity/JV
Girls: High School Varsity
- Entries** **High School** Team entry process will take place online through **Direct Athletics**, register at www.directathletics.com. If you have not used this system before, you will be asked to create a username and password. You will enter a team roster and register them in the events.

FRIDAY, MARCH 5, 2009 AT 5:00 P.M.

Depending on the number of entries per event we will do our very best to get every athlete into the meet, but will not be a guarantee. Please look at the minimum standards and the time schedule with the number of heats and flights will we will have for each event.

Telephone and fax entries **WILL NOT BE ACCEPTED**. Late entries will not be accepted. Entries are due **MONDAY, MARCH 5, 2009 at 5:00 p.m.** There will be no late entries.

All Heats and Flights will be up on the following website www.norcalstat.com by **Wednesday, March 11, 2009 by 3:00 p.m.**

Entry Fees **High School:** \$5.00 per individual athlete per event, \$20.00 per relay team or a team fee of \$125.00 per gender (14 athletes or more including relays).

Make checks or money orders payable to
“SCC Track and Field”

All fees are to be paid at packet pick up at the Tunnel (located at the north end of the stadium) near the parking structure

***ALL FEES MUST BE PAID ON DAY OF THE MEET**

Weigh-Ins All implements must be weighed in between 2:00 p.m.-4:00 p.m. inside the track shed next to the hammer/discus ring.

Athletic Trainers Will be located at the south end of the stadium next to the scoreboard. Please bring your own supplies and the trainers will be helping out as much as possible with taping, treatment and ice.

Field Events Trials in all field events will consist of three attempts for each competitor. Top nine will advance to the finals for three more attempts. See the minimum standards to be measured for the field events. Three (3) athlete per team for each field event.

Running Events All athletes in running events must check at the tent behind the start of the 100m (located at the south end of the track) at least 30 minutes prior to their event.

Parking Parking is available in the new parking structure which is located north of the stadium. Parking is free. Team busses can drop off at the west end of the stadium and park the buses at the south lot located down the street from Hughes Stadium. **BUSES WILL NOT BE ALLOWED IN THE PARKING STRUCTURE.**

Admission Adults \$6.00, Students w/ school ID \$3.00, Children \$2.00 12 and under are free.

Concessions Will be available on each side of the stadium.

Sponsor VS Athletics and UCS

Questions High School: Bryan Jilka (916) 804-0958 / bjilka@yahoo.com

Awards Medals to the top 6 individual events. Top 3 places for all relays

Results Results will be posted and announced throughout the day. Copy of results will be given to the coaches within 30 minutes after the final race. Results will also be seen on www.directathletic.com and www.norcalstat.com later after the conclusion of the meet.

**Minimum
Marks**

Each athlete will receive a measured mark on their first legal attempt. After their first measured attempt, they must meet the minimum marks below for measurements.

High School:

Event	Girls	Boys
Long Jump	14-0	19-5
Shot Put	28-0	38-0
Discus	60-0	115-0
Opening Heights:		
High Jump	4-0	5-6
Pole Vault	7-0	10-0