

**2010 CAPITAL ATHLETIC LEAGUE TRACK AND FIELD INVITATIONAL
MEET DAY INFORMATION**

When: Saturday, March 6 2010

Where: Bella Vista High School
8301 Madison Avenue
Fair Oaks, CA 95628

Admission: Students (w/SBC) \$3.00
Seniors \$3.00
Adults \$5.00
Children 12 & under Free

Time Schedule: See schedule of events provided in team packet.

Facilities Requirements: All weather track and jump runways (aprons) require ¼ inch spikes (NO EXCEPTIONS).

Clerk of the Course: All running event competitors must check in with the Clerk of the Course for their individual and relay races lane assignments. The Clerk of the Course is located at the northwest corner of the track. **All athletes in a running event must have a name tag to compete. Name tags can be found at the name tag clerk area adjacent to the running clerk (see map in team packet).**

NOTES FOR AWARDS PRESENTATIONS: Medals for the top five (5) in each event will be handed out at the awards area near the northwest corner of the track. Athletes and relay teams must sign for and pick up their awards no later than fifteen (15) minutes after completion of the final track or field event. Team plaques will be presented following the conclusion of the meet.

Event Results: Results for each track and field events will be posted on results boards adjacent to the awards area near the northwest corner of the track.

Team Scoring: For the divisional team championships, all track and field events will be scored through six (6) places on a 10-8-6-4-2-1 basis.

Field Events: Field event contestants (e.g., long jump, triple jump, shot put, discus) will receive three (3) attempts and the top seven (7) will receive 3 more.

Opening Heights: The following will be used:

Open High Jump: Varsity Boys – 5’0”
Varsity Girls – 4’0”
Frosh/Soph Boys – 4’6”

The high jump bar will be raised 2” until seven (7) or less competitors remain, then 1” for the remainder of the competition. Rotating flights of three (3) will be used.

Pole Vault: Varsity Boys – 10’ 0” Varsity Girls – 7’0” Frosh/Soph Boys – 9’ 0”

The varsity boys pole vault bar will be raised 1 foot until 12 feet then in 6” increments. The girls bar will be raised 1 foot until they reach 8 feet then in 6” increments, and the frosh/soph boys will be raised 1 foot until the bar reaches 11 feet then in 6” increments. Rotating flights of five (5) will be used.

Minimum Measuring Distances: The following distances must be achieved in order for an official measurement to be made:

Long Jump: Varsity Boys – 16’ 0”
Varsity Girls – 12’ 0”
Frosh/Soph Boys – 14’ 0”

Triple Jump: Varsity Boys – 34’ 0”
Varsity Girls – 24’ 0”
Frosh/Soph Boys – 30’ 0”

Shotput: Varsity Boys – 34’ 0”
Varsity Girls – 24’0”
Frosh/Soph Boys – 30’0”

Discus: Varsity Boys – 90’ 0”
Varsity Girls – 60’0”
Frosh/Soph Boys – 70’0”