

**2005
SAN DIEGO COUNTY
FROSH-SOPH CHAMPIONSHIPS**

- Date:** Saturday April 30th
- Site:** Mt. Carmel High School
9550 Carmel Mountain Road
San Diego, CA 92129
- Awards:** First 6 places for individual events, First 3 for relays.

Plaques awarded to team champions and athletes of the meet in each division.
- Events:** All traditional C.I.F. events will be contested with the addition of a combined frosh/soph 4x800.
Jumping events will be run “open pits.” Athletes will need to get their jumps in the allotted time.
- Qualifiers:** Straightaway races – Top 9 verified marks
Lane Turn Races – Top 9 verified marks
Non-lane races- Top 10 to 20 verified marks.
False marks will be systematically removed from consideration
- Facilities:** The meet will be held at Mt. Carmel’s brand new 9 lane all-weather facility.
- Spikes:** ***No spikes over 3/16th will be allowed on the track or the runways*** Spikes will be available for sale at the concession stand for \$1.50 per set.
- Qualifiers:** A complete list of those who qualified for each event will be posted no later than Friday, April 22nd on www.sdtrackmag.com and www.vaqtrack.com for review by athletes and coaches. Any corrections for spelling, times, distances will be accepted until the scratch deadline of Monday, April 25th. After that, the programs will be off for printing.
- Entry Deadline: Saturday, April 16th.**
- Entry Fees: \$7.00 per accepted individual, \$14.00 per relay(alternates no fee).
Due when you pick up meet packets
School Checks, Personal Checks, Cash accepted.**
- Fax: (619)561-8810
Phone: (619)339-7502
E-mail: Vaqtrack@yahoo.com

2005 FROSH/SOPH CHAMPIONSHIP **MEET CHANGES**

-Accu-Trak, or Finish Lynx Electronic timing systems will be used for all track races.

-Any scratching of athletes must be made no later than Monday, April 25th at 12:00 pm. Scratches can either be called in or e-mailed to vaqtrack@yahoo.com.

-Medals will be handed out on the infield directly following the race for track races (and yes 4 medals for relays this year!). Field event medals will be handed out by the event officials directly after the event is ruled as completed.

-Any athlete that fails to reach the check-in area by the third call will be scratched and replaced by the first alternate. Relays may check-in without all 4 member of the team. However, if all 4 members are not present at the time the teams are led to the starting line, the team will be scratched and replaced by an alternate team.

There were many requests for facility changes etc. made by coaches and athletes after last years meet. Because of these requests, we made many changes and concessions in the meet to make the athletes experience a better one. Because the meet has become so competitive, we have decided to run it much like a championship meet. That being said, this years meet will run like the State Championship meet and institute the "honest effort" rule. Much of the reason for this change is the large amount of scratches that took place in the 2004 meet that effectively left athletes sitting at home that would have been happy to "show up" and compete.

Honest Effort Rule:

Competitors who have qualified for and been entered into more than one event, must honestly participate in the event for which the athlete is declared or the athlete will be barred from further competition in the meet.

Note 1: It is understood that passing on attempts in vertical jumping events is a strategy in those events and is not considered a question of honest effort.

Note 2: Athletes may appeal a disqualification on the grounds of "Hardship" to the Referee/Games Committee/Jury of Appeals.

It is perfectly acceptable to enter your athletes in all the events they may get into without knowing which ones they will qualify in. However, if the athlete qualifies in multiple events that don't intend to participate in, the scratches must be made by the coach on or before the above stated deadline! If the scratch is not made by the deadline, that athlete must compete in ALL of the events he/she has qualified or be barred from further competition in the meet.

Frosh Girls Entries

School:

Event	Last Name	First Name	Best 2005 Mark
400 Relay			

100M

100 HH

200M

300M LH

400M

800M

1600M

3200M

1600 Relay

Frosh Girls Entries

School:

Long Jump

Triple Jump

High Jump

Shotput

Discus

PV

Frosh Boys Entries

School:

Event	Last Name	First Name	Best 2005 Mark
400 Relay			

100M

110 IH

200M

300M LH

400M

800M

1600M

3200M

1600 Relay

Frosh Boys Entries

School:

Long Jump

Triple Jump

High Jump

Shotput

Discus

PV

Soph Girls Entries

School:

Event	Last Name	First Name	Best 2005 Mark
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400 Relay

100M

100 HH

200M

300M LH

400M

800M

1600M

3200M

1600 Relay

Soph Girls Entries

School:

Long Jump

Triple Jump

High Jump

Shotput

Discus

PV

Soph Boys Entries

School:

Event	Last Name	First Name	Best 2005 Mark
400 Relay			

100M

110 HH

200M

300M IH

400M

800M

1600M

3200M

1600 Relay

Soph Boys Entries

School:

Long Jump

Triple Jump

High Jump

Shotput

Discus

PV