

South Coast Conference All Comers

General notes and thoughts: Please read first.

1. It is assumed that this meet is a conference obligation and that all schools are required to attend. This meet is being structured based upon that premise. (ie we are not trying to make money, we are trying to cover costs only and put on a good meet.
2. To do that, put on a good meet and keep costs low, we assume you will be in attendance and will pay your entry fee. IF you will not be in attendance please email right away.
3. In the past, we have asked each school to assist with an event. That is always troublesome because our schools don't show up and work and we are left covering ourselves or begging you on the mic to come down and work your event. We won't do that anymore.
4. This year's entry fee is going to be \$100 per team or \$200 per school. We will use that money to pay for the electronic timing, the officials and lunch /drink for meet workers. We will hire students to work at the various field events with that money as well. This frees you up of your obligation to work an event. Your entry fee buys you unlimited entries for any of your athletes in uniform on that day. We will request one thing of you and that is that you come down to the track and assist with moving hurdles when it is time.
5. The concept of this being an all comers meet and us making a lot of money has not really borne fruit and I am not anticipating a large amount of revenue from non Conference schools. IF that does happen this year or in upcoming years I will rebate a portion of or all of your entry fees depending upon revenue.

Event Specific Information:

- **Running Events** – Begin at 2:00 pm with 3000 meter SC. We can drop that distance to 2000 meters if coaches agree. The 4 X 100 Relays will begin at 2:30 pm and all other events will run in the order listed based upon the number of heats we will be running. We are anticipating the 4 x 400's going off at approximately 5:30 pm
- **4 x 100 Relay** – This is a 'no-zone' relay. We will not DQ anyone for passing before or after the zone because there are no zones for this race. We will have judges in place however watching for 'violations' a certifying a legal race in case a team happens to run a SoCAL mark or otherwise needs validation of a fast time.
- **MILE** – We will run the MILE in our meet because the MILE is a great race and every kid should know how fast they can run a mile. Our track is marked for a 1500 time on the way to the mile and we will place a clock there for those of you concerned with your February 1500 meter times.
- **400 IH** – This is the only race you will need to state your intention to run in during our Coaches meeting prior to the meet. IF you don't tell us then that you are going to run you will not be able to jump in later and run. We want to prepare for that ahead of time and know who is participating and how many heats we will be running.

Field Event Information:

- **Hammer/Javelin/Shot/Disc** – Four throws per individual. Event closes once first implement has landed. Throws will be marked and measured at the end of the competition. Flights determined at event on meet day. Every attempt will be made to minimize the number of flights.
- **HJ / PV** - Starting Heights are as follows: WHJ = 4'2" MHJ = 5'6" WPV = 7' MPV = 10' NOTE: Don't enter athletes who do not feel 'comfortable' with starting at the heights listed. Event closes once the first athlete has landed.
- **LJ / TJ** – Three jumps per individual with the top 7 each getting a fourth attempt. Event closes once the first athlete has landed. All athletes will compete in a jumping order and the order will be followed. Be prepared for a potential conflict if you have an athlete in the 4 X 100. He/She may have to forfeit a jump if they are not ready to jump due to Relay preparation or recovery.

ENTRY PROCESS

1. CALL MY OFFICE 909 274-4840 AND LET ME KNOW OR LEAVE A MESSAGE TELLING ME WHO IS COMING. (MEN AND WOMEN, JUST MEN, JUST WOMEN OR NO ONE)

OR

2. EMAIL MY OFFICE SPECIALEVENTS@MTSAC.EDU AND DO THE SAME.

ONCE THAT IS DONE PLEASE

3. BRING A CHECK FOR \$100 PER GENDER. \$200 PER SCHOOL . MAKE CHECK PAYABLE TO THE "MT. SAC TRACK TRUST"