



Friday April 3rd (Field Events) & Saturday April 4th (Track Events)

At Mountain View High School

Welcome to the 1st **Viking Invitational**. We feature a state of the art Track and Field Stadium. A 9-lane all-weather track with wide turns, jump pits and throwing areas is set up so spectators can see every event from the stands. We will be running a full assortment of individual and relay races and a full schedule of field events. We want to make this meet a positive experience for the students/athletes and we are looking forward to being able to host this meet in our **BRAND NEW** Viking Stadium.

DIVISIONS:

This is a class meet and individuals will be divided by levels (FR/SOPH, Varsity). 1 Relay team will be accepted per gender and per level.

MEET INFORMATION:

Friday's events - all field events will start at 2:00pm.

- Long Jump girls will go simultaneously w/ Boys.
 - 2 pits - (FR/SOPH, Varsity)
- Triple Jump will follow after Long Jump - Girls and Boys simultaneously
 - 2 pits - (FR/SOPH, Varsity)
- High jump will be Girls then Boys.
 - 1 pit - (FR/SOPH, Varsity)
- Disc will be Girls first then Boys.
 - 2 fields - (FR/SOPH outer field, Varsity stadium field)
- Shotput will be Boys first then Girls.
 - 2 fields - (FR/SOPH simultaneously w/ Varsity)
- Pole Vault - 1 pit

The **Saturday meet** will start at 8:30am and is a rolling schedule; A coach's meeting will be held at 8:00am in the center of the field. A coach's pass to be on the field will be included in the packets.

MEET ENTRIES:

Each school will be allowed 5 entries for track and 4 for field per level and event, and 1 relay entry for frosh/soph & Varsity.

Best estimated times/marks for the individual events would be appreciated and will be used to seed heats/flights. **No athletes will be added on the day of the meet, coaches will be allowed to make substitutions, but names will not be changed.**

Friday Events:

Between Long and Triple, whichever event has the most athletes will go first for both pits (regardless of levels or gender). 3 attempts will only be allowed for all field events. Pits will be open for warm-up for 10mins.

Long Jump (Both Pits)	Discus (Both Fields)
Triple Jump (Both pits)	Shot Put (Both Fields) 3rd Field pending
High Jump	Pole Vault

Saturday Events:

4x100m Relay	4x800 Relay
1600m	300m Hurdles
100m/110m Hurdles	200m
400m	3200m
100m	4x400 Relay

<u>TEAM ENTRY COSTS</u>
1 Team Boys or Girls \$350
2 Teams Boys & Girls \$600

REGISTERED EARLY? Please mail your checks ahead of time **(NO LATER THAN MARCH 25th)**. Checks/Cash will also be accepted at the gate.

*****Please make Check out to: Mountain View High School*****

Please send check and contract to:

Attn: Felipe Loera
Mountain View High School
2900 Parkway Dr.
El Monte, CA 91732

AWARDS:

Medals will be awarded:

Individual events - **Top 4 Athletes** from the Event per level

Relay events - **Top 4 Relay Teams** from the Relay event

ENTRY DEADLINE:

Contracts must be returned by Friday March 20th. Entries must be submitted by Sunday, March 29th at 11:59pm to Athletic.net. Once entries have been submitted, final heat sheets will be sent to coaches a few days before the meet.

THERE WILL BE NO ADDING ATHLETES/RELAYS ON MEET DAY

FACILITIES:

The meet will be held at Mountain View High School (City of El Monte) , which has a 9 lane All-Weather Track. **Only "3/16" pyramid spikes allowed!!** Spikes will be sold at the meet, \$5 for 14 spikes. Locker rooms will not be available.

Weighing Implements

We will start weighing implements as soon as the stadium opens to avoid start delays, the throwing events will start on time.

TIMING/RESULTS:

Finished Results will manage Timing. Results will be posted after each race on a LED color billboard display at the finish line. Live results will be available on the app for Finished Results. Full results will be posted on the website.

SPECTATOR INFORMATION:

General admission is \$10 and high school students with school ID it's \$5, without school ID it's \$9. Children K-6th are free. Spectators must enter through the main entrance of Viking Stadium. Concession stands will be available. Parking is free, main parking is at Viking Stadium and additional parking is on the corner of Magnolia St. & Parkway Dr. Street parking is available **No pets allowed in the stadium, except service animals.**

MEDICAL:

An Athletic Trainer is only available in case of injury. Ice will be provided for injured athletes only. Athletic trainers will not tape athletes prior to competition.

RUNNING MEET SCHEDULE:

This meet will be on a rolling schedule; please listen to announcements and check in to the designated area. Any athletes that do not check in 2 minutes after last call will be scratched, NO EXCEPTIONS!

EVENT CHECK-IN PROCEDURE

Athletes or their Coaches/Managers may check-in up to 1.5 HOURS PRIOR BUT NO LATER than the ending of the event before your scheduled event. All other entries WILL BE SCRATCHED from that race. When you check in, you will be given your hip number, and it is up to the athlete to show up in time to the start line on time. No exceptions will be made if the athlete is late to their event. Field event athletes must check-in at the field event they are competing in.

MEET MANAGER'S: If you have any questions or concerns, please contact:

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