

YORBA LINDA INVITATIONAL

Saturday March 21st, 2026

Yorba Linda High School

****Coaches, please read all of the following information.**

TIME: Boys varsity Discus, Girls shot put varsity, Boys Long Jump and Girls Varsity Long Jump will begin at 9am. fresh/soph long jump will follow.. Girls f/s Pole Vault, followed by f/s Boys, Girls varsity Pole Vault, followed by Varsity Boys. Girls f/s HJ, followed by f/s Boy. Girls Varsity HJ, followed by Varsity Boys. Gates will open at 7:00 a.m.

FACILITIES: Nine-lane 400m polyurethane track and runways. Shot Put is at the top south end of the Home Stands and Discus is on the infield. Teams will warm up on the Baseball Field located directly south of the Stadium and Tennis Courts. Team Easy-Ups can be set up in the Visitor Stands (west side of the stadium). Athletes must wear 3/16" spikes. **We will sell spikes at the meet for \$5 and the concession stands will be open at 8:00am.**

AWARDS: The founding concept of our meet is to offer competitive races according to ability while at the same time maximizing the opportunities for **MORE** athletes to win a medal. See individual events for medal awarding.

COACHES CORNER: Coaches are to stay off the infield unless requested to be there by meet management. Coaches may use the Coaches Corner, located with Merchandise Sales on the south end of the stadium next to the Concessions to communicate with meet management. A coach's box will be available for the pole vault.

SEEDING: Seeding shall be done from the slowest seed time to the fastest, or from the lowest mark to the best mark to ensure that the final heats in all events are the highlight of the event.

ENTRIES: [Athletic.net](https://www.athletic.net) Coaches must log onto to enter their athletes.
<https://www.athletic.net/TrackAndField/meet/622004/register>

ENTRIES ARE PER THE FOLLOWING: 3 entries per lane event are allowed and 4 entries for the 800, 1600 and 3200m races. 2 entries per field event per school shall be allowed.

SPRINT EVENTS - Top 3 Overall will medal.

DISTANCE EVENTS - Top 3 Overall will medal 800, 1600 and 3200m heats.

FIELD EVENTS -Top 3 Overall will medal.

ENTRY MARKS - Entry marks **MUST** reflect integrity on the part of the coach.

ENTRY DATES - Coaches may enter on <https://www.finishedresults.com/meets/7016> with the Entry deadline being midnight on Wednesday March 18th. 11:59pm.

ATHLETE REPLACEMENT: An athlete who is a "No Show" due to illness or injury may be replaced with another athlete from the same school. **Coaches should only substitute with an athlete of like or lesser ability, since all heats/flights have been seeded according to submitted entry mark/ability level.**

ENTRY FEE: In an attempt to gain momentum for this meet we are asking that all teams pay a \$450 entry fee per school or \$225 for both the girls and boys teams of one level (i.e. Varsity only). Please remember to check in on Meet Day to the Coach's Check-In table located at the Press box side stadium entrance. Make all checks payable to:

YLHS T&F BOOSTER CLUB

Do not mail checks to Yorba Linda High School. Please mail checks to:

YLHS Track and Field Booster Club

P.O. Box 203

Yorba Linda, CA 92885

If your check will not arrive prior to meet day you may bring your check with you to the meet. You may contact Coach Stirley Jones at **(949) 245-5205** or stjones@pylusd.org with any questions or concerns. A personal check will be required if you are unable to obtain a school check. We will hold all personal checks for a period of ten (10) working days. Receipts will be issued.

EVENTS

SPRINTS, RELAYS & HURDLES- standard races. **Special Note regarding Relays: Teams must bring their own batons. Zone Judges will provide "blue" masking tape for runners. ALL OTHER TAPE IS PROHIBITED! Competitors may use other non-sticky zone markers, such as tennis ball halves, etc.**

DISTANCE RACES- standard races (800-1600-3200)

FIELD EVENTS: Athletes will have a total of **3 efforts for the Long Jump, Triple Jump, Shot Put and Discus.**

Athlete's Shot Put and Discus will be inspected prior to competition. Jumping event athletes are to report for check-in with the jumping officials when their event is called. All Pole Vault competitors should have a completed certification sheet signed by their coach. Coaches and athletes must be aware that all event times are approximate. Events may finish prior to their approximate times and may start sooner than their approximate times. If an athlete needs to leave a jumping event to compete in a running event, they must first check-out with their field official, and then upon the athlete's return to the jumping event, the athlete will be inserted into his/ her own flight **or into any other subsequent Flight. If an athlete returns to the jumping event after it has been completed, the event will NOT be reopened.**

STARTING HEIGHTS:

F/S

Boys High Jump 4'10"

Girls High Jump 4'0"

Boys Pole Vault 8'0"

Girls Pole Vault 6'0"

Varsity

Boys High Jump 5'4"

Girls High Jump 4'6"

Boys Pole Vault 9'0"

Girls Pole Vault 7'0"

*****Pole Vault competition shall be conducted in continuous Flights.**

TIMING: <https://finishedresults.com> System will be used in selecting places in each running event. If there is a malfunction of the timing system, the games committee reserves the right to rerun any race where an accurate time/picture is required for placing. Races may be recalled if the system does not activate.

*CLERK OF THE COURSE: All runners must check-in with the Clerk of the Course at least **Fifteen (15) minutes** prior to their event. **Athletes who do not check-in will be disqualified.** The Clerk of the Course will be located on the cement at the north end of the Press Box Stands by the start/finish line. Relay teams may check-in with only one athlete, however, it is the responsibility of the coach and/or relay athletes to be on the track for the correct race and compete in the assigned lane. If an athlete or relay team runs in the wrong race or lane, they will be disqualified.*

ATHLETES WHO ARE NOT COMPETING ARE TO STAY OFF THE INFIELD AND COMPETITION AREA DURING THE MEET!

ATHLETIC TRAINER: We will have an Athletic Trainer available on the infield near the long jump pit for injured athletes only. Each school is asked to supply their own tape.

SEATING: Teams may set up easy ups in the Visitor Stands (west side) or on the Baseball warm up area. Spectators can sit in the Home Stands (east side).

MERCHANDISE: T-shirts, spikes and other merchandise will be for sale on the south end of the stadium by the Concessions.

ADMISSIONS: General Admission \$10; Students with ASB and children under 12 years of age \$5; Under 3 years old free of charge. CIF Cards will be honored.

PARKING: Spectators should park in the lot to the east of the Stadium. Buses should park on the access road behind the stadium and line up on the access road on the stadium side of the road. The buses can access this road from the Fairmont gate.

SPECIAL NOTE: Only personal music devices with earphones allowed. Soccer balls and Footballs are not allowed at the meet. Athletes attending this meet must be under the supervision of a coaching staff member (State and Southern Section Rule #307).

ONLY WATER IS ALLOWED ON THE TRACK OR THE ARTIFICIAL INFIELD.