

CA Track & Field
Winter Championships
ARCADIA HIGH SCHOOL
180 CAMPUS DR., ARCADIA, CA
- FEBRUARY 17, 2018 -
9:00 A.M. TO 2:55 P.M.

PARKING: All attendees (athletes and spectators) can park on either of the two parking lots on the west end of campus (enter via El Monte Ave.) or on the surrounding city streets.

WAIVER: All competing athletes must bring the Arcadia-specific signed waiver (also attached below) to the meet. No other waivers will be accepted.

ATHLETE ADMISSION: The walk-in street gate for competing athletes only is located along Campus Dr., near the **northwest corner** of the stadium. Show your "Golden Bib" and your waiver at the gate, then proceed to the tables directly ahead to receive your athlete ID credential for access to the stadium and the infield. All others will be responsible for purchasing a ticket at the spectator's entrance. The athlete gate opens at 8:00 a.m. The spectators' gate, located at the **northeast corner** of the stadium, opens at 8:00 a.m.

SPECTATOR/GENERAL ADMISSION: All non-competing athletes (parents, coaches, fans, etc.) will be responsible for purchasing a ticket and entering via the spectators' entrance via the walk-in street gate located along Campus Dr., near the **northeast corner** of the stadium. Spectator/general admission opens at 8 a.m. This is the only gate that will allow entry access for the public into the Winter Championships. Coaches ARE NOT allowed onto the infield.

General Admission: Adults: **\$10**
 HS Students w/ID and Children under 13: **\$5**

SPIKES:

3/16" needle spikes only. We will check spikes for ALL athletes that enter through the athlete gate. Plan ahead by having your competition shoes with the correct spikes already in. Spikes on sale for \$4.00 a set.

CANOPIES & WARM-UP AREA:

Canopies can be set up on the top rows of the bleachers or on the grass field adjacent to the west end of the track. The grass field directly west of the track is the athlete warm-up field. No tents/canopies are allowed on the infield.

SCRATCHES / ADDS:

All events will already be seeded and there are **no race-day adds**. Only scratches..... No Exceptions!

FINAL TIME SCHEDULE:

Will be posted on Monday, Feb. 12th. We will not go more than 10 minutes ahead of schedule.

CLERK OF THE COURSE/STAGING AREA:

The clerk of the course/staging area for track events is located at the red-and-gold-colored canopy located near the northwest corner of the track. Track event athletes are responsible for checking in with the clerk by the last call for their event. If this is not done, he/she will be scratched from that event. Please listen for these calls from the clerk. Field event athletes can only enter the track from the northwest corner of the track and must report to the respective official at his/her field event area to check in for their competition.

TRACK EVENTS CALL SCHEDULE:

25 minutes prior to an event - first call
15 minutes prior to an event - second call
10 minutes prior to an event - third & final call

Athletes in BOTH a field event and a running event must keep up on the time schedule and the calls for their event(s). A field event athlete must return and check in with the clerk and go to the staging area if they are in a track event. Failure to do so will result in a scratch. ALL athletes in running events must check in with the clerk of the course in the staging area.

GENERAL INFORMATION – TRACK:

- **Only competing athletes, officials and meet management are allowed on the infield.**
- All members of relay teams should wear matching outfits (but NOT school uniforms) and MUST BE enrolled at the same high school **(No All-Star Teams!)**
- 4x200 & Sprint Medley Relays will use a 3-turn stagger.
- The 600m, 1500m, 3000m, 4x800 & distance medley races each will use a waterfall start.
- For the 60m and 60m hurdles, there will be prelims meets. Eighteen will advance to a two-heat final in each of those events: Each heat winner plus the fastest remaining times to fill the 18 spots.

GENERAL INFORMATION – FIELD EVENTS:

- **Only competing athletes, officials and meet management are allowed on the infield.**
- Field event athletes must check in one hour before the start of their event (all flights / athletes).
- Athletes may be excused for a maximum of thirty (30) minutes to participate in another event.
- Permission to leave must be granted by the event official and noted on the Official's Event Sheet.
- For the high jump and pole vault, an athlete may request to complete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining that he/she was excused with. In both cases, however, the competition will continue and he/she will re-enter at wherever the crossbar has been raised to during said excused absence.

THROWS:

- Implements will be checked and weighed. Those implements passing inspection will be impounded until the start of the event. No other implements can be used!
- All competitors will be given 4 attempts

LONG JUMP / TRIPLE JUMP

- Athletes must check in one hour before the start of their event
- All competitors will be given 4 attempts

HJ/PV:

- Continuing flights of five (5) will be rotated in using the "Five Alive" format.
- Tentative starting heights are as follows:
 - Girls HJ: 4'8" -- Boys HJ: 5'5" -- Girls PV: 9'10" -- Boys PV: 13'1"

SCORING & AWARDS: Will be done using a 10-8-6-5-4-3-2-1 scoring system for the top eight marks in each event. All athletes compete unattached (no official representation for a high school). However, to be eligible for club/unattached team scoring, all club members must attend the same high school **(No All-Star Teams)**. The top 6 athletes in each event will receive an award

APPEALS:

The Appeals Table will be located in the cement area at the northwest exterior of the track, adjacent to the timing tent. Results will be posted on the east wall of the white building located just north of the finish line. Appeals are to be submitted in writing immediately, but no later than thirty minutes after the results of that event have been posted. The Jury of Appeals will make the final decision regarding any appeal.

SNACK BAR:

A full snack bar offering both hot foods, drinks and snacks will be open during the duration of the meet.

TRACK & FIELD EQUIPMENT AND SOUVENIR APPAREL:

VS Athletics, Relay Apparel & the Arcadia Invit'l will have vendor booths located at the stadium entrances.