

2020 Griffin Relays

Saturday, March 7, 2002

Come to Griffin Relays. We have a newer 9 lane, 400 meter track that is very fast. We also have 2 shot put rings, 2 long/triple jump pits, 2 pole vault pits, 2 high jump pits, and 2 discus rings. We will use all the facilities to insure a quick meet. All the events can be seen from inside the 2000 seat stadium.

DIVISIONS: Boys Varsity, Girls Varsity, Boys Frosh/Soph, Girls Frosh/Soph

COST: Admission will be charged, \$250 per gender, \$400 for both.

AWARDS: Custom Medals to top finishers in each event

For more information contact Coach Nathan Howard, 562.544.1572 or email nhoward@losal.org Entries will be done through EPISports.com

INFORMATION

DATE/TIME: Saturday, March 7 9 AM start

LOCATION: Los Alamitos High School

PAYMENT: \$250 per gender, \$400 for whole team. We will charge at the gate for spectators. Spectators \$5 Free parking.

COACHES MEETING: Coaches Meeting will take place at 8:30 AM at the starting line. Please be prompt!

STADIUM OPENS: Stadium will be open at 7:30 AM.

CLERK OF THE COURSE: Will be located at the South-East Corner of the stadium (Shot put and parking lot side) Competitors will receive lane and number assignments there. Please report ready to compete. All competitors will be escorted to the competition area.

ENTRIES : All entries will be made on EPISports.com

RELAY TEAMS: Each team will be allowed to enter 2 varsity team (C teams will be allowed to fill the lanes, seeded by time) and up to 2 teams in F/S division per level. Lanes will be seeded according to time.

New relay events / changes this year:

1. **The 4 x 1600 will be run cross country style** with combined time from all four team members to determine places. All four runners from each team will start at the same time in each heat. There will be 8 to 10 teams per heat.

FIELD EVENTS: Each team will be allowed to enter up to 2 individuals per event per level. They will not be scored as a team. Vertical jumps will employ a 5 alive format. Two high jump pits will be used. There are minimum measure marks for all events. All throws and horizontal jumps will have 3 attempts with top 9 moving on to finals. We will use flights of up to 12 athletes Long and triple jumps will have 2 hour open pit, then 1 hour finals. Pole Vault will be competed as an open event only, with the bar being raised by 9" for the first 2 heights, then 6" thereafter. Ex. 8', 8'9", 9'6", 10", 10'6".....

TIMING: Timing will be by Finished Results Timing. All results will be posted on PrepCalTrack.com at conclusion of meet.

EQUIPMENT: Teams furnish own batons, throwing implements, and pole vault poles.

AWARDS: Medals will be awarded in each event.

SNACK BAR: Full Snack Bar will be available.

TRASH: Each team is responsible for cleaning up the trash in their area. Please be considerate of this throughout meet. There will be a large trash bag in your team packet to help with the process as well as trash containers throughout the stadium.

CANOPIES: No canopies will be allowed in the stands. Please use the warm-up field for this.

NO RADIOS: No radios will be allowed at the meet.

RESTROOMS: Restrooms are available

ATHLETES/COACHES: All athletes will be in the stands or warm-up area when not competing and coaches must remain off the field and track during the meet. Head coaches only will be allowed on the field. There will be limited seating for the Coaches at the LJ/TJ/HJ areas

WARM-UP AREA: All warm-up will take place in the warm-up area. No warm-up on infield of track is allowed.

FACILITY: 9 lane all-weather polyurethane track.

3/16" PYRAMID SPIKES ONLY: All runners and jumpers/vaulters must have 3/16th inch pyramid spikes, NO PIN/NEEDLE Spikes will be allowed. All spikes will be checked at the gate and again at the starting line. Spikes will be on sale for \$3.00.

RAINOUT DATE: The meet will be held rain or shine.

NO FOOD, SPORTS DRINKS, GUM, FOOD, OR SUNFLOWER SEEDS ALLOWED ON TRACK, RUNWAYS, OR FIELD!!! ALL FOOD MUST BE OUTSIDE THE SPECTATOR FENCE.

EVENT SCHEDULE:

Event #	Event
Event # 1	Varsity Girls 4 x 1600
Event # 2	Frosh/Soph Girls 4X1600 (Cross Country style)
Event # 3	Frosh/Soph Girls Shuttle Hurdles
Event # 4	Varsity Girls Shuttle Hurdles
Event # 5	Frosh/Soph Boys Shuttle Hurdles
Event # 6	Varsity Boys Shuttle Hurdles
Event # 7	Boys Varsity 4 x 1600
Event # 8	Boys Frosh/Soph 4 X 1600 (XC Style)
Event # 9	Frosh/Soph Girls 4 x 100
Event # 10	Varsity Girls 4 x 100
Event # 11	Frosh/Soph Boys 4 x 100
Event # 12	Varsity Boys 4 x 100
Event #13	UNIFIED 4 X 100
Event # 14	Frosh/Soph Girls 4 X 800
Event # 15	Frosh/Soph Boys 4 X 800
Event # 16	Frosh/Soph Girls Sprint Medley (1-1-2-4)
Event # 17	Frosh/Soph Boys Sprint Medley (1-1-2-4)
Event # 18	Varsity.Girls Sprint Medley (2-2-4-8)

Event # 19	Varsity Boys Sprint Medley (2-2-4-8)
Event # 20	
Event # 21	Var Girls 4 x 800
Event # 22	Varsity Boys 4 x 800
Event # 23	Girls 4 X 200
Event # 24	Boys 4 X 200
Event # 25	Frosh/Soph Girls Distance Medley (1200-400-800-1600)
Event # 26	Varsity Girls Distance Medley (1200-400-800-1600)
Event # 27	Frosh/Soph Boys Distance Medley (1200-400-800-1600)
Event # 28	Varsity Boys Distance Medley (1200-400-800-1600)
Event # 29	Frosh/Soph Girls 4 x 400
Event # 30	Frosh/Soph Boys 4 x 400
Event # 31	
Event # 32	Varsity Girls 4 x 400
Event # 33	Varsity Boys 4 x 400
	FIELD EVENTS

Event # 34	Varsity Girls Long Jump
Event # 35	Frosh/Soph Girls Long Jump
Event # 36	Varsity Boys Long Jump
Event # 37	Frosh/Soph Boys Long Jump
Event # 38	Varsity Boys Triple Jump
Event # 39	Frosh/Soph Boys Triple Jump
Event # 40	Varsity Girls Triple Jump
Event # 41	Frosh/Soph Girls Triple Jump
Event # 42	Frosh/Soph Girls High Jump
Event # 43	Varsity Girls High Jump
Event # 44	Frosh/Soph Boys High Jump
Event # 45	Varsity Boys High Jump
Event # 46	Varsity Girls Pole Vault
Event # 47	Varsity Boys Pole Vault
Event # 48	Frosh/Soph Girls Pole Vault
Event # 49	Frosh/Soph Boys Pole Vault
Event # 50	Frosh/Soph Boys Shot Put
Event # 51	Varsity Boys Shot Put

Event # 52	Frosh/Soph Girls Shot Put
Event # 52	Varsity Girls Shot Put
Event # 53	Frosh/Soph Girls Discus
Event # 54	Varsity Girls Discus
Event # 55	Frosh/Soph Boys Discus
Event # 56	Varsity Boys Discus