

**MARTIN LUTHER KING HIGH SCHOOL
WELCOMES YOU TO
THE 16TH ANNUAL**

**KING CLASSIC
SOPH/FROSH TRACK AND FIELD
INVITATIONAL**

“WHERE THE STARS OF TOMMORROW SHINE TODAY”

**SATURDAY, MARCH 21, 2020
8:30 AM FOR FIELD EVENTS
9:00 AM FOR RUNNING EVENTS**

Dear Coach:

On behalf of Martin Luther King High School, I would like to invite you and your team to become part of the 16th annual King Classic Track and Field Soph/Frosh Invitational. This is a chance for your younger athletes to compete against others their same age and ability level as well as give you a look into the future of your program. We have always looked at this invitational as an opportunity to help younger athletes in their development and to promote the sport of track and field. We have added some new features to this year's event, especially in regard to individual awards and team scoring. Please look over what we have to offer and we hope to hear from you soon. If you are interested, please send along your contract as soon as possible. If there are any questions, please contact me at the below numbers. Looking forward to seeing you on March 21, 2020!!!!

**John Corona
Head Track Coach/Meet Director
King High School
951-544-1068/jcorona@rusd.k12.ca.us**

Date/time:

Saturday, March 21, 2020- Field Events begin at 8:30 am. Running Events begin at 9:00 am.

Divisions:

Boys and Girls Soph/Frosh

Awards:

New custom made 3D type medals for the top performances of the day in each event including relays will be awarded. Places 2 through 6 in the individual events and 2 through 6 in the relays will get the meet's traditional custom-made medals. This year we are adding something new in that we will be giving medals to heat/flight winners in the slower heats or field event flights with the lower marks. There will be trophies for top three teams in each division and a sweepstakes trophy for the team with the highest combined boys and girls score.

Scoring:

Team scoring for this meet has traditionally been 10-8-6-4-2-1. We are moving to a 10-8-6-5-4-3-2-1 format. In this way, more kids have a chance to contribute to the team scoring.

New Event-New Name: In honor of our school's namesake, we are switching the 1600's to the mile and the fastest heats of the boys and girls mile will now be known as the "I have a Dream" Mile

Timing:

The Electronic timing will be provided by Finished Results.

Fees:

\$175 dollars for one team-\$350 for two teams. 10 dollars per individual per event. Please make all checks out to King Track Boosters. PLEASE BE AWARE—If we have not received your entry fee by 3/21, we will expect it to be turned in on the day of the event. Telling us "the check is in the mail" will not suffice. We will be asking for a personal check to cover entry fees. We will hold that check for two weeks until such time that we receive your payment through your Boosters/ASB and then we will rip up the check.

Entry of athletes:

Finished Results will be handling our timing and our entries. Go to the Finishedresults.com website and it will direct you to the registration site. If you have issues contact Chris Drescher at 951-334-8300 and he will guide you through it.

Each school is allowed four entries in every event. DO NOT EMAIL OR FAX ENTERIES AS THEY WILL BE IGNORED. Entries will open online on Sunday, March 1 at 8 AM. All entries need to be in by 11:59 pm WEDNESDAY, March 18, 2020.

Entries and check-in

All heats and flights are FINAL races and field events will be seeded with the best times/performances being in the last heat or flight for that event. PLEASE IMPRESS UPON YOUR KIDS THE NEED TO CHECK IN ON TIME!!!!!!!
Athletes can be substituted in place of a previously entered competitor (unless it's a final race in which athletes ran prelims) but they must run under the name of the person they are replacing. If you wish to run "B" relays or add competitors to field events, please see the Meet Manager before the meet is under way. After that we cannot accommodate you.

Running Schedule Start Time is 9 am

In order to speed things up, we may try to use both sides of the track in the 100 and 100/110 Hurdle races. We may place slower heats of the 3200 in places where we think it will help us get athletes a rest period or help with the speed of the meet. Aside from that, We will run CIF order of events. Once we start we will go as fast as we can.

Field Event Schedule Start Time Is 8:30 am

Shot Put-Boys-8:30 am-Girls to follow-4 attempts

Discus----Girls- 8:30 am-Boys to follow-4 attempts

High Jump-Girls-8:30-Boys to follow

Long Jump-Boys-North Pit- 8:30 am to 10:30 am-Open Pit-4 attempts

Girls-South Pit- 11 am to 1 pm- Open Pit- 4 attempts

Triple Jump-Boys- North Pit- 11 am to 1pm-Open Pit-4 attempts

Girls-South Pit-11 am to 1 pm- Open Pit- 4 attempts

Pole Vault---Girls 8:30am- Boys to follow

Facilities

Martin Luther King High School has a 4,000 seat stadium with an 8 lane all weather track and field turf infield. Throws and warm-up area is to the north of the stadium. Athletes and spectators can sit on both sides of the stadium, though we will be reserving a portion of the seats for spectators by the finish line. NO RADIOS OR BOOM BOXES ETC. will be allowed in the stands. NO WARMUPS FOR RUNNING EVENTS ON THE TRACK AFTER 8:15 am. No locker room facilities will be available.

RUSD MANDATES

- 1. Tents will be allowed at the top of the bleaches however NONE may be put up in front of the Press Box. However, be aware that a breeze begins to pass through the stadium area at a pretty good clip about noon. We recommend zip ties or bungee cords—or whatever- to help you anchor the tents to the back fence of the bleachers to keep your tent from flying off.**
- 2. Only 3/16 inch needle pyramid spikes or less will be allowed on the track and the runways. Athlete's spikes will be checked upon entrance into the facility and again at the clerk of the course. 3/16 inch pyramid spikes will be available for purchase at the athlete's gate and must be in place in the athlete's shoes prior to their entrance into the facility. If the athlete does not have the proper size spike in their shoe, they will be denied entrance. We will disqualify any athlete that does not have the proper spikes on their shoes.**
- 3. NO FOOD, GUM OR DRINKS OTHER THAN WATER ARE ALLOWED ON THE TRACK AND THE INFIELD AREA. Any athlete in violation of this rule will be disqualified from the meet themselves or will cause teammates currently on the track to be disqualified. Disqualified athletes will forfeit any awards that have been earned up to that point. Be aware that parents LOVE to hand their kid a bottle of Gatorade or other flavored drinks over the fence when they're done with their race. Water is fine but that's it!!**

REASONS TO DISQUALIFY

Aside from the normal rules for disqualification (see NFHS rulebook) meet management will disqualify athletes and/or teammates of said athlete on the following offenses:

- Warming up on the infield/Loitering on the infield**
- Coaches on the infield unless previously indentified as a judge or meet official (There will be a coaching box available for pole vault)**
- Athletes that have food, gum or colored drinks on the infield**
- Athletes that try to compete in spikes other than 3/16 inch pyramids**

JUST A REMINDER FOR EVERYBODY

ALL UNDERGARMENTS MUST BE A SOLID COLOR

FOOD AND CONCESSIONS

A variety of food and beverage items will be available throughout the meet. Three complimentary lunch tickets will be provided for each coaching staff.

TRAINER

The King High school trainer and student trainers will be on site. Please bring your own tape and pre-wrap.

COACHES CHECK-IN

Coaches will check-in and pick up their own information packets in Classroom G-123 behind the stadium right behind the stadium. Complimentary breakfast will be available in that room through 10am.

RESULTS

Meet results will be posted during the course of the meet outside the Concession Stand on the Northeast end of the stadium. Results will be posted on Finishedresults.com; Athletic.net and Prepcaltrack.com upon completion of the meet.

RAINOUT

In the event of rain, call Coach Corona at 951-544-1068 to determine whether the meet will off or not. In the event of a rainout, there will be no makeup date and we will attempt to refund as much of your entry fee as possible.

For any questions/concerns you may have, please contact Coach Corona at the below numbers. Thanks for your consideration and your support in helping us to keep this meet a great one!!!!!! See you on March 21, 2020.

John Corona
Meet Manager-King Classic
951-544-1068-(Cell)
jcorona@rusd.k12.ca.us

