

16th Annual San Gabriel Valley Track and Field Championships
Saturday April 15th, 2023

Location: Covina District Field – 220 W. Puente Street, Covina, CA. 91723

Time: Field Events will begin at **11:00 A.M.** – Running Events will begin at **12:00 P.M.** Gates will open at 9:30 A.M.

Tickets: \$10 for adults - \$5 for students - \$3 for children.

Awards: Embroidered jacket patches will be awarded to the top 5 overall Varsity finishers in each event. Medals will be awarded to the top 5 overall Frosh/Soph finishers in each event.

Entries: ***ALL Varsity and Frosh/Soph 4x100 and 4x400 relay teams will be accepted.***

NEW: All entries will be made online through <https://ca.milesplit.com/> Entries will close at 9:00 PM on Sunday April 9th, 2023. There are no minimum standards for entry, and you will be charged for accepted entries only. NOT ALL ENTRIES ARE ACCEPTED.

We will give priority to documented entry marks. Documented marks must be 1) achieved in an invitational meet with publicly posted marks. 2) Dual meets recorded contemporaneously in athletic.net, prepcaltrack, or Milesplit, i.e. teams must document their season on that website.

A list of preliminary Accepted Entries and Alternates, Meet Schedule and Opening Heights will be emailed to coaches by 9:00 P.M. on Monday, April 10th, 2023. You will have 24 hours to edit and correct your entries. The final Accepted Entries will be emailed and published on Tuesday April 10th, 2023. Your fees will be based on this FINAL list.

Fees: \$10 per accepted entry (including relays), with a maximum fee of \$600 for each school - \$300 for single gender schools. Checks for the fees should be made out to “Covina High School.” You must pay your fee on or before meet day.

Access: Athletes are allowed on the infield and track only when competing. There will be designated coaching areas near the field events; otherwise, coaches may not enter the infield or the track.

Bus Drop Off and Parking: Bus drop off will be in the east side lane next to the Covina District Field Stadium. Bus parking will be at Covina High School (463. S. Hollenbeck Ave., Covina CA 91723) 1/4 mile away.

Check-In: Athletes must check in 20 minutes before the scheduled event time at the clerk for running events and at the event site. Athletes who arrive late will be moved to a later section or flight if there is space available.

Spikes: Please make sure all track athletes have 3/16" spikes or less. Spikes will be checked and sold at the entrance of the stadium.

Results: Live results will be available on the Finished Results app. Printed results will be posted shortly after each event. Complete results will be posted after the meet at PrepCalTrack.com. FinishedResults.com, and will be emailed to the coaches.

Contact Information:

Meet Director

Kevin Glaspy

kglaspy@c-vusd.org

626-824-0852

Co-Meet Director

Erik Starkey

estark8@aol.com

909-407-0938

**2023
San Gabriel Valley Championships
Time Schedule (SUBJECT TO CHANGE!)**

EVENT #	START	EVENT	# OF HEATS	EVENT #	START	EVENT	# OF HEATS
1	12:00 PM	Girls 1600 Meter Run RATED Frosh Soph	1	35	4:45 PM	Girls 200 Meter Dash Frosh Soph	5
2	12:10 PM	Boys 1600 Meter Run RATED Frosh Soph	1	36	4:55 PM	Boys 200 Meter Dash Frosh Soph	5
3	12:20 PM	Girls 1600 Meter Run RATED Varsity	1	37	5:05 PM	Girls 200 Meter Dash Varsity	5
4	12:30 PM	Boys 1600 Meter Run RATED Varsity	1	38	5:15 PM	Boys 200 Meter Dash Varsity	5
5	12:35 PM	Girls 100 Meter Hurdles Frosh Soph	4	39	5:30 PM	Girls 3200 Meter Run Varsity	1
6	12:40 PM	Girls 100 Meter Hurdles Varsity	5	40	5:50 PM	Boys 3200 Meter Run Varsity	1
7	12:50 PM	Boys 110 Meter Hurdles Frosh Soph	3	41	6:05 PM	Girls 4x400 Meter Relay Frosh Soph	2
8	12:55 PM	Boys 110 Meter Hurdles Varsity	6	42	6:15 PM	Boys 4x400 Meter Relay Frosh Soph	2
9	1:05 PM	Girls 1600 Meter Run SEEDED Frosh Soph	1	43	6:25 PM	Girls 4x400 Meter Relay Varsity	
10	1:15 PM	Boys 1600 Meter Run SEEDED Frosh Soph	1	44	6:35 PM	Boys 4x400 Meter Relay Varsity	2
11	1:20 PM	Girls 4x100 Meter Relay Frosh Soph	2	45	11:00 AM	Boys Varsity Shot Put	
12	1:25 PM	Boys 4x100 Meter Relay Frosh Soph	2	46	11:00 AM	Boys Frosh Soph Discus	
13	1:30 PM	Girls 4x100 Meter Relay Varsity	2	47	11:00 AM	Girls Frosh Soph Pole Vault	
14	1:35 PM	Boys 4x100 Meter Relay Varsity	3	48	11:00 AM	Boys Frosh Soph High Jump	
15	1:45 PM	Girls 1600 Meter Run SEEDED Varsity	1	49	11:00 AM	Boys Varsity Long Jump	
16	1:55 PM	Boys 1600 Meter Run SEEDED Varsity	1	50	11:00 AM	Boys Frosh Soph Triple Jump	
17	2:05 PM	Girls 400 Meter Dash Frosh Soph	4	51	1:15 PM	Girls Frosh Soph High Jump	
18	2:15 PM	Boys 400 Meter Dash Frosh Soph	5	52	1:15 PM	Girls Frosh Soph Discus	
19	2:25 PM	Girls 400 Meter Dash Varsity	5	53	1:15 PM	Girls Varsity Shot Put	
20	2:35 PM	Boys 400 Meter Dash Varsity	5	54	1:15 PM	Girls Varsity Pole Vault	
21	2:45 PM	Girls 100 Meter Dash Frosh Soph	5	55	1:15 PM	Girls Varsity Long Jump	
22	2:50 PM	Boys 100 Meter Dash Frosh Soph	5	56	1:15 PM	Girls Frosh Soph Triple Jump	
23	2:40 PM	Girls 100 Meter Dash Varsity	5	57	3:00 PM	Girls Varsity High Jump	
24	2:45 PM	Boys 100 Meter Dash Varsity	5	58	3:00 PM	Boys Varsity Triple Jump	
25	2:50 PM	Girls 800 Meter Run Frosh Soph	3	59	3:00 PM	Boys Frosh Soph Shot Put	
26	3:05 PM	Boys 800 Meter Run Frosh Soph	3	60	3:00 PM	Boys Varsity Discus	
27	3:15 PM	Girls 800 Meter Run Varsity	3	61	3:00 PM	Boys Frosh Soph Pole Vault	
28	3:30 PM	Boys 800 Meter Run Varsity	3	62	3:00 PM	Boys Frosh Soph Long Jump	
29	3:45 PM	Girls 300 Meter Hurdles Frosh Soph	4	63	5:00 PM	Boys Varsity High Jump	
30	3:55 PM	Girls 300 Meter Hurdles Varsity	4	64	5:00 PM	Girls Frosh Soph Shot Put	
31	4:05 PM	Boys 300 Meter Hurdles Frosh Soph	4	65	5:00 PM	Girls Varsity Discus	
32	4:15 PM	Boys 300 Meter Hurdles Varsity	5	66	5:00 PM	Boys Varsity Pole Vault	
33	4:25 PM	Girls 3200 Meter Run Frosh Soph	1	67	5:00 PM	Girls Frosh Soph Long Jump	
34	4:40 PM	Boys 3200 Meter Run Frosh Soph	1	68	5:00 PM	Girls Varsity Triple Jump	

**ALL FIELD AND RUNNING EVENTS WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE. FINAL SCHEDULE TO BE CREATED ON 4/8/2022
BASED ON FINAL HEAT COUNT**



CONTRACT FOR ATHLETIC CONTESTS

This contract may be used in arranging non-league and tournament interscholastic athletic contests. Regular league schedules are official and binding on said league members and do not require individual contract. Please refer to Blue Book rules 150-153.

This **CONTRACT** is made and subscribed to by the principals and athletic administrators of

_____ Covina _____ High School and _____ High School
 for Boys & Girls contests in SGV Championships (Track & Field) to be played as follows:
 (Boys' or Girls') (Name of Sport)

LEVEL	SITE	DATE	STARTING TIME
Varsity	Covina District Stadium	4/15/23	11am Field 12:00pm Track
Jr. Varsity	_____	_____	_____
Soph	_____	_____	_____
Frosh	_____	_____	_____
Frosh-Soph	Covina District Stadium	4/15/23	11am Field 12:00pm Track

REMARKS: 4 Divisions - Boys Varsity, Girls Varsity, Boys FS, Girls FS
Meet is at Covina District Stadium 200 W. Puente Ave. Covina 91723

FINANCIAL ARRANGEMENTS

A. General Admission	\$10.00	F. Faculty Passes honored Both Schools	CIF PASS
B. Home Students WITH ASB Cards	\$5.00	G. Advance Sale Permitted	n/a
C. Visiting Students WITH ASB Cards	\$5.00	H. Visiting Band in Uniform Admitted Free	n/a
D. Student (Both Schools) WITHOUT ASB Cards	\$3.00	With Advisor	
E. Children Admission	\$3.00	I. Visiting Pep Squads Admitted Free	n/a
		With Advisor	

ADDITIONAL FINANCIAL TERMS: \$10 per athlete/rely entry ACCEPTED \$600 max per school.

MEDICAL RESPONSIBILITY: Trainer on site

OTHER ARRANGEMENTS: PAYMENT MUST BE MADE BY MEET DAY, entries due on Sunday 4/9/23 11:59pm

Return to **HOST SCHOOL** by: ASAP

All contests must be played under the regulations and rulings of the California Interscholastic Federation and the Southern Section of which the contracting schools are members. These regulations and rulings are a part of this contract. Use back side of form for additional comments.

HOST SCHOOL INFORMATION	VISITING SCHOOL INFORMATION
School Name <u>Covina</u>	School Name _____
School Address <u>463 S. Hollenbeck Covina 91723</u>	School Address _____
School Phone Number <u>626 974-6030</u>	School Phone Number _____
School Fax Number <u>626 974-6045</u>	School Fax Number _____
Host School Principal's Signature _____	Visiting School Principal's Signature _____
Host School Athletic Administrator's Signature _____	Visiting School Athletic Administrator's Signature _____
Date: _____	Date: _____
Host A.D. Email Address <u>kglaspy@c-vusd.org</u>	Visiting A.D. Email Address _____
Host A.D. Cell Phone # <u>626 824-0852</u>	Visiting A.D. Cell Phone # _____

NOTE: All contracts to be valid must be signed by the principal and the athletic administrator at each school. When the principal and athletic administrator of one of the contracting schools is new to the school, he should be notified of existing