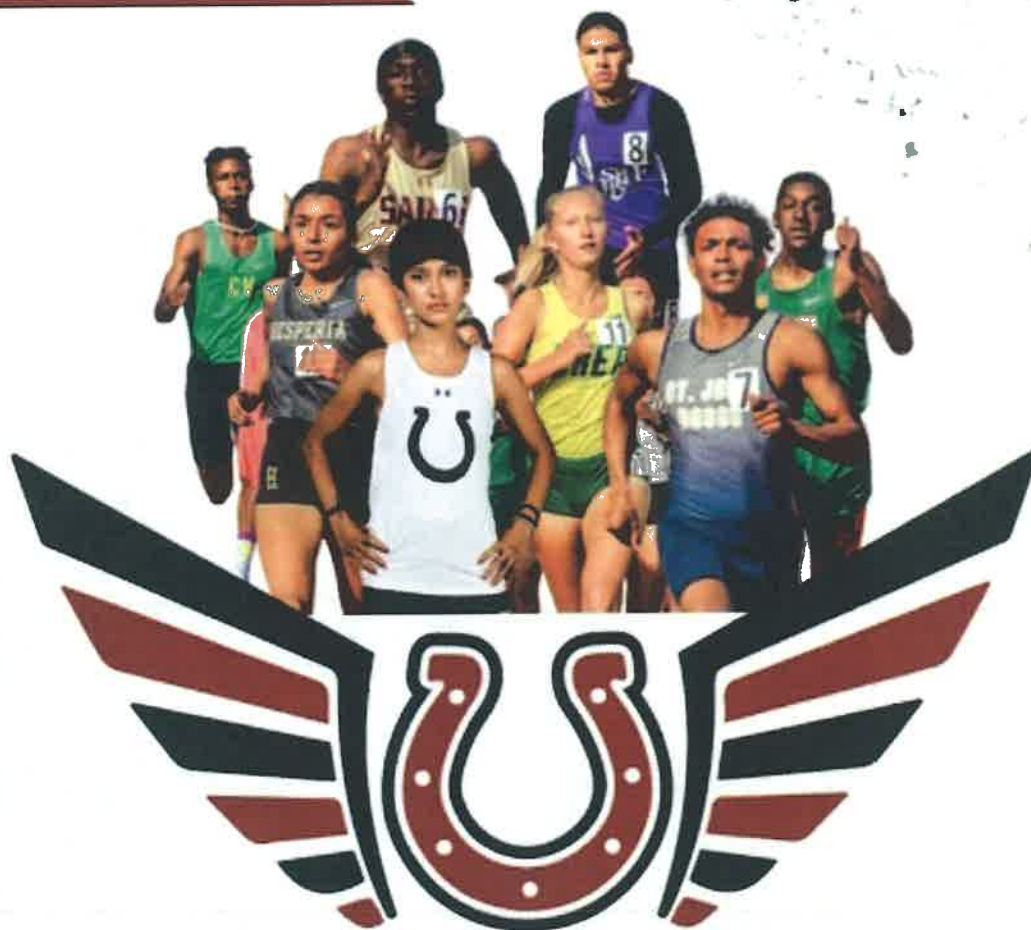


MARCH 28-29

COVINA DISTRICT FIELD



COVINA INVITATIONAL

POWERED BY
UNDER ARMOUR



Friday Evening 3/28/25

Distance Carnival, Varsity Pole Vault, FS Shot/Disc

Saturday 3/29/25

Sprints, Relays, All jumps, FS Pole Vault, Var Shot/Disc

Dear Coach:

The 31st Annual Covina Invitational will continue with its two-day format. Friday we will have a Distance Carnival from 3pm-8:00pm with some field events (Var PV, FS throws) and Saturday we will have the remaining field events, sprints, and relays and with our new partner UNDER ARMOUR beginning at 9:00am.

The date of this year's Covina Invite is Friday and Saturday, March 28th-29th at Covina District Stadium (200 W. Puente St. Covina, CA 91723).

- Date/Time:** Friday & Saturday, March 28th - 29th
Friday 3pm -8:00pm
Saturday 9:00am - 5:45pm
- Divisions:** Boys Varsity, Girls Varsity, Boys F/S, & Girls F/S
- Awards:** Covina Invitational Medals will be given to the TOP three overall places in each relay and individual event. Every other heat and flight **will medal the winner only** (distance races top 3 each heat) There will also be team championship trophies for 1st-3rd place.
- Fees:** \$175 per team in each division or \$600 for all four divisions. Smaller schools with individual entries may enter at \$20 per athlete entered up to 4 events.
- Entry:** Athletes will be seeded according to submitted times and marks through the website **www.athletic.net** Three athletes in each sprinting event, three athletes in field events, and four entries in distance events (800,1600, 3200). **Entries will be due by Tuesday, March 25th at 11:59pm.**

Please confirm your intent to participate by sending the contract below. Our track meet does fill soon so please do this early to guarantee entry. If there are any questions please feel free to email me or text my cell.

Thank you,

Kevin Glaspy

Kevin Glaspy, Meet Director

**Covina Invitational – TEXT QUESTIONS 626 824-0852, EMAIL kglaspy@c-vusd.org
Covina High School
463 S. Hollenbeck, Covina CA 91723
www.covinaatrack.com**

Revised 11/6/24

COVINA INVITATIONAL

Covina District Stadium 200 W. Puente Ave. Covina 91723

Meet Information

- Bus Drop off and Parking- Bus drop off will be in the east side lane next to the stadium. Bus parking will be at Covina High School (463 S. Hollenbeck Covina) ¼ mile away.
- Implement weigh in will be available at the shot and discus ring prior to each event.
- Warm Ups- The warm up area is located in the infield. Non-competing athletes will not be allowed to set up in the infield area. Coaches and parents will be asked to not congregate in the infield. Team set up is not allowed in the infield.
- Clerk of the Course – The clerk of the course is located in the infield. Athletes must check in 30 minutes prior to their event or they will be scratched.
- Scoring – Team scoring is 10-8-6-4-2-1 for all levels and events (both days). Times/marks for the following heats/flights can score if they are in the top six places overall. Marks are from both days of the meet.
- Coaches/Weightman's Relay – Only athletes competing in a throwing event are allowed to participate in this event. Coaches willing to risk embarrassment are also allowed to compete. This event is non-scoring and non-medaling.
- Medals – Top three places in all invitational heats and flights (1st heat/flight is invitational). Only heat and flight winners after 1st heat/flight. Top three places in ALL distance races will medal (800,1600, 3200). Medals will be distributed at each field event and after each race.
- Team Packets – Team packets can be picked up at the finish line upon your arrival. Payment must be made prior to competition. Checks are payable to Covina High Track.
- 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.
- Starting heights will be determined prior to the start of the event based on the entries and marks received.
- Attempts - Disc & Shot 3 attempts, Long and Triple Jump 3 total attempts

DAY 1		START	EVENT	# OF HEATS/FLIGHTS	DAY 2 TRACK		START	EVENT	# OF HEATS
Friday	3:00 PM		Boys FS Discus	TBD	Saturday	11:30 AM	Boys Varsity 400	TBD	
Friday	3:00 PM		Girls FS Shot Put	TBD	Saturday	12:00 PM	Girls FS 100	TBD	
Friday	3:00 PM		Girls Varsity Pole Vault	1	Saturday	12:20 PM	Boys FS 100	TBD	
Friday	3:00 PM		Girls Varsity 4x800	1	Saturday	12:45 PM	Girls Varsity 100	TBD	
Friday	3:15 PM		Boys Varsity 4x800	1	Saturday	1:10 PM	Boys Varsity 100	TBD	
Friday	3:25 PM		Girls FS 3200	TBD	Saturday	1:45 PM	Girls FS 300 Hurdles	TBD	
Friday	3:30 PM		Boys FS 3200	TBD	Saturday	1:55 PM	Girls Varsity 300 Hurdles	TBD	
Friday	3:45 PM		Girls Varsity 3200	TBD	Saturday	2:10 PM	Boys FS 300 Hurdles	TBD	
Friday	4:00 PM		Boys Varsity 3200	TBD	Saturday	2:25 PM	Boys Varsity 300 Hurdles	TBD	
Friday	4:25 PM		Girls FS 800	TBD	Saturday	2:45 PM	Girls FS 200	TBD	
Friday	4:35 PM		Boys FS 800	TBD	Saturday	3:15 PM	Boys FS 200	TBD	
Friday	4:50 PM		Girls Varsity 800	TBD	Saturday	3:45 PM	Girls Varsity 200	TBD	
Friday	5:05 PM		Boys Varsity 800	TBD	Saturday	4:15 PM	Boys Varsity 200	TBD	
Friday	5:15 PM		Girls FS 1600	TBD	Saturday	4:55 PM	COACHES 4X100 RELAY	TBD	
Friday	5:30 PM		Girls FS Discus	TBD	Saturday	5:00 PM	THROWERS 4X100 RELAY	TBD	
Friday	5:30 PM		Boys FS Shot Put	TBD	Saturday	5:05 PM	Girls FS 4x400 Relay	TBD	
Friday	5:35 PM		Boys FS 1600	TBD	Saturday	5:15 PM	Boys FS 4x400 Relay	TBD	
Friday	6:00 PM		Boys Varsity Pole Vault	1	Saturday	5:30 PM	Girls Varsity 4x400 Relay	TBD	
Friday	6:05 PM		Girls Varsity 1600	TBD	Saturday	5:45 PM	Boys Varsity 4x400 Relay	TBD	
Friday	6:35 PM		Boys Varsity 1600	TBD					
Friday	7:00 PM		INVITE GIRLS 800	1	DAY 2 FIELD	START	EVENT	# OF FLIGHTS	
Friday	7:05 PM		INVITE BOYS 800	1	Saturday	9:00 AM	Boys Varsity Shot Put	TBD	
Friday	7:10 PM		INVITE GIRLS 3200	1	Saturday	9:00 AM	Girls Varsity Discus	TBD	
Friday	7:25 PM		INVITE BOYS 3200	1	Saturday	9:00 AM	Boys Varsity Long Jump	TBD	
Friday	7:40 PM		INVITE GIRLS 1600	1	Saturday	9:00 AM	Girls FS Pole Vault	1	
Friday	7:50 PM		INVITE BOYS 1600	1	Saturday	9:00 AM	Boys FS High Jump	1	
DAY 2 TRACK					Saturday	10:30 AM	Girls Varsity Long Jump	TBD	
Saturday	9:00 AM		Girls FS 100 Hurdles	TBD	Saturday	11:00 AM	Girls FS High Jump	TBD	
Saturday	9:10 AM		Girls Varsity 100 Hurdles	TBD	Saturday	12:00 PM	Boys FS Long Jump	TBD	
Saturday	9:20 AM		Boys FS 110 Hurdles	TBD	Saturday	12:00 PM	Boys Varsity Discus	TBD	
Saturday	9:30 AM		Boys Varsity 110 Hurdles	TBD	Saturday	12:00 PM	Girls Varsity Shot Put	TBD	
Saturday	9:45 AM		Girls FS 4x100 Relay	TBD	Saturday	1:00 PM	Girls Varsity High Jump	TBD	
Saturday	9:50 AM		Boys FS 4x100 Relay	TBD	Saturday	12:00 PM	Boys FS Pole Vault	TBD	
Saturday	10:00 AM		Girls Varsity 4x100 Relay	TBD	Saturday	1:00 PM	Girls FS Long Jump	TBD	
Saturday	10:10 AM		Boys Varsity 4x100 Relay	TBD	Saturday	2:30 PM	Boys Varsity Triple Jump	TBD	
Saturday	10:20 AM		Girls FS 400	TBD	Saturday	2:30 PM	Girls Varsity Triple Jump	TBD	
Saturday	10:40 AM		Boys FS 400	TBD	Saturday	3:00 PM	Boys Varsity High Jump	TBD	
Saturday	11:05 AM		Girls Varsity 400	TBD	Saturday	4:00 PM	Boys FS Triple Jump	TBD	
					Saturday	4:00 PM	Girls FS Triple Jump	TBD	

* TIME SCHEDULE SUBJECT TO CHANGE BASED ON ENTRIES RECEIVED

