TIME: Running & Field Events start at 8:00am. Gates open at 6:45am

FACITILITES: Cerritos College is located at 11110 Alondra Blvd., Norwalk, CA 90650. Nine lane 400m mondo track. Athletes must use 3/16” pyramid spikes. Athlete spikes will be checked at the gate and at the Clerk of the Course. Spikes will be sold at the meet.

AWARDS: The OC Meet of Champions awards will be given to the top three finishers in each event for the Frosh/Soph & Varsity. Varsity winners will also be awarded Backpacks. There will also be Athletes of the Meet for the top Sprinter, Distance and Field Events. Coaches can use the Coaches Corner (near the Concession Stand) to communicate with meet management and/or pick up awards. Coaches are to stay off the field at all times.

ENTRIES: Enter athletes at [www.EPIsports.com](http://www.EPIsports.com). Please include an email address for entry confirmation. THREE (3) entries per event per gender will be accepted. Please use marks from 2015 and not BEST TIME marks. There are no qualifying standards for entries. Coaches may begin entering athletes starting February 1, 2015.

ATHLETES: If your athlete is unable to perform on the day of the event, please replace them with another athlete. There will be no refunds and no additional adds the day of the meet.

ENTRY FEES: Individual entry fees are $7.00 per event and $28.00 per relay. Team Registration cost is $240.00 per level. Fees are to be paid at packet pick-up the day of the event. Entries will be emailed to the Head Coach one week prior to the event. All checks should be made out to Sunny Hills Cross Country Booster Club. Questions regarding entries/fees should be directed to Thom Confer/Meet Director at 714 685-7770 or thomconfer25@gmail.com

FIELD EVENTS: A total of three (3) efforts for the F/S Long jump & Triple Jump and three (3) efforts in the Varsity will be permitted. Shot Put and Discus will get three (3) throws in the prelims and three (3) throws in the finals. Jumping events are to report to their event when the event is called! If an athlete needs to leave a jumping event to compete in a running event, they must first checkout with their field official and upon return, the athlete will be inserted into the current jumping event.

TIMING: Finish Lynx will be used for all running events. If there is a malfunction of the timing system, we reserve the right to rerun the race.

CLERK OF

COURSE: All runners must check in with the Clerk of the Course. A first, second and final call will be made. Athletes who do not check in will be disqualified. Relay teams should check in all at the same time. If an athlete or relay runs in the wrong lane or race, they will be disqualified. If an athlete is not competing, they should not be on the field.

TRAINER: A trainer will be available throughout the day on the field.

SEATING: Canopies will be permitted at the top side of the stadium and top level of the visitors grandstand.

T-SHIRTS; Will be available for $10.00

**Order of Events**

1. 8:00 G/FS 3200 35) 3:45 G/V 200M
2. 8:20 B/FS 3200 36) 4:00 B/V 200M
3. 8:45 G/V 3200 37) 4:15 G/FS 300M LH
4. 9:00 B/V 3200 38) 4:30 B/FS 300M LH
5. 9:10 G/FS 100M HH 39) 4:45 G/V 300M LH
6. 9:25 G/V 100M HH 40) 5:00 B/V 300M LH
7. 9:40 B/FS 110M HH 41) 5:20 G/FS 1600M RELAY
8. 9:55 B/V 110M HH 42) 5:30 B/FS 1600M RELAY
9. 10:10 G/FS 400M RELAY 43) 5:40 G/V 1600M RELAY
10. 10:25 B/FS 400M RELAY 44) 5:55 B/V 1600M RELAY
11. 10:40 G/V 400M RELAY 45) 8:00 G/V LONG JUMP
12. 10:50 B/V 400M RELAY 46) 8:00 B/V LONG JUMP
13. 11:00 G/FS 1600M 47) 8:00 G/FS DISCUS
14. 11:15 B/FS 1600M 48) 8:00 G/V SHOT PUT
15. 11:30 G/V 1600M 49) 8:00 G/FS HIGH JUMP
16. 11:45 B/V 1600M 50) 8:00 B/FS HIGH JUMP
17. 12:00 G/FS 100M 51) 10:00 G/V DISCUS
18. 12:15 B/FS 100M 52) 10:00 G/V HIGH JUMP
19. 12:30 G/V 100M 53) 10:00 B/V HIGH JUMP
20. 12:45 B/V 100M 54) 10:00 B/V SHOT PUT
21. 1:00 G/FS 400M 55) 10:00 G/FS LONG JUMP
22. 1:15 B/FS 400M 56) 10:00 B/FS LONG JUMP
23. 1:30 G/V 400M 57) 12:00 G/FS SHOT PUT
24. 1:45 B/V 400M 58) 12:00 B/FS DISCUS
25. 2:00 G/FS 800M 59) 12:00 G/V TRIPLE JUMP
26. 2:15 B/FS 800M 60) 12:00 B/V TRIPLE JUMP
27. 2:30 G/V 800M 61) 2:00 B/V DISCUS
28. 3:00 B/V 800M 62) 2:00 G/FS TRIPLE JUMP
29. 3:15 G/FS 200M 63) 2:00 B/FS TRIPLE JUMP
30. 3:30 B/FS 200M 64) 2:00 B/FS SHOT PUT
31. 8:00 G/V PV
32. 10:00 B/V PV
33. 12:00 G/FS PV
34. 2:00 B/FS PV

