

2017 Griffin Relays

Come to Griffin Relays. We have a new 9 lane, 400 meter track. 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 Open, Girls Open

COST: Admission will be charged, no team cost this year, but next year we will have a team fee.

AWARDS: No awards.

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: Friday, March 3 2:00-9:00 PM. (Lights out at 9:00 PM, per district rules)

LOCATION: Los Alamitos High School

PAYMENT: There will be no cost to the team. We will charge at the gate for spectators. \$5 per person.

COACHES MEETING: Coaches Meeting will take place at 2:00 PM at the starting line. Please be prompt!

STADIUM OPENS: Stadium will be open at 1:00PM.

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 1 varsity team (B teams will be allowed to fill the lanes, seeded by time) and up to 3 teams in open division per level. There will be 1 heat each of varsity, then 2 heats of open, lanes will be seeded according to time.

FIELD EVENTS: Each team will be allowed to enter up to 4 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. All results will be posted on FinishedResults.com and PrepCalTrack.com at conclusion of meet.
- EQUIPMENT:** Teams furnish own batons, throwing implements, and pole vault poles.
- AWARDS:** No medals will be awarded.
- 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.
- 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.
- WARM-UP AREA:** All warm-up should take place in the warm-up area. No warm-up on infield of track is allowed.
- FACILITY:** Brand new 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 gate and again at starting line. Spikes will be on sale for \$3.00.
- RAINOUT DATE:** The meet will be held rain or shine.
- TERMS/ CONDITIONS:** **NO FOOD, SPORTS DRINKS, GUM, OR SUNFLOWER SEEDS ALLOWED ON TRACK, RUNWAYS, OR FIELD!!! ALL FOOD MUST BE OUTSIDE THE SPECTATOR FENCE.**