

Laguna Beach Distance Carnival

February 25, 2017

EVENTS:

400, 800, 1600, 3200, 4 x 400 Relays

LEVELS:

F/S, Varsity

FACILITIES:

Eight-lane 400m polyurethane track. Athletes must wear 3/16" spikes.

ENTRIES:

Entries will be online on EPISPORTS

\$5.00 PER ATHLETE PER INDIVIDUAL EVENT- \$20 PER RELAY/\$400 cap per team

ENTRIES OPEN: January 1, 2017 @ 12:00 a.m

ENTRY DEADLINE: Monday, February 20th, 2017 @ 6:00p.m.

Teams will be allowed unlimited entries per event/per level/per gender.

ENTRY FEES: Please remember that all entry fees must be paid prior to or at the time of picking up team packets at the credentials tent. School or Head Coaches personal checks will be accepted. Receipts will be issued.

Checks can be mailed to: Laguna Beach Distance Carnival, 625 Park Ave, Laguna Beach, CA 92651

AWARDS: Laguna Beach Distance Carnival Awards will be given to the heat winners and overall winners per event/per level.

IN-FIELD ACCESS: Only athletes getting ready to compete, and coaches will be allowed on the infield.

WARM-UP: The infield will be available as a warm-up area, as well as a team camp for canopies.

TIMING: Finish lynx timing system will be used in selecting the top 8 places in each running event. If there is a malfunction of the timing system the games committee reserves the right to

rerun any race where an accurate time picture is required for placing. Races may be recalled if the system does not activate. <http://www.finishedresults.com>

CLERK OF THE COURSE: All runners must check in with the Clerk 15 minutes prior to their event. Please have athletes pay attention the meet has run ahead of schedule in the past. Athletes who do not check in will be replaced with an alternate. The CLERK OF THE COURSE will be located near the warm up area on the southwest end of the track near the baseball area. Relay teams may check in with only one athlete; however it is the responsibility of the coach and relay athletes to be on the track for the correct race and compete in the assigned lane. If an athlete or relay team runs in the wrong race or lane they will be disqualified.

****ATHLETES WHO ARE NOT COMPETING ARE TO STAY OFF THE INFIELD AND COMPETITION AREA DURING THE MEET****

TRAINER: We will have a trainer available for injured athletes only. Each school is asked to supply their own tape.

SEATING: Canopies will be allowed on the outfield of the baseball field and on the top row of the stands.

T-SHIRTS: T-shirts will be on sale for \$10.00.

PROGRAMS: Programs will be available for sale for spectators at the entrance of the stadium. It will include the Order of Events, the names of athletes that are competing in each heat and event.

ADMISSIONS Adults-\$5.00; Students-W/O ASB card \$4.00; W/ ASB card \$3.00; under 10-free

CIF Cards will be honored.

PARKING: Parking is available on the city streets around Laguna Beach High School.

Laguna Beach Distance Carnival

Schedule of Events

10:00 AM Girls Varsity 3200

10:17 AM Boys Varsity 3200

10:45 AM Girls F/S 1600

11:15 AM Boys F/S 1600

12:09 AM Girls Varsity 400

12:18 PM Boys Varsity 400

12:27 PM Girls Varsity 800

12:35 PM Boys Varsity 800

12:42 PM Girls F/S 800

12:54 PM Boys F/S 800

1:10 PM Girls F/S 400

1:18 PM Boys F/S 400

1:28 PM Girls Varsity 1600

1:52 PM Boys Varsity 1600

2:20 PM Girls F/S 3200

2:38 PM Boys F/S 3200

3:06 PM Girls F/S 4 x 400 Relay

3:14 PM Boys F/S 4 x 400 Relay

3:22 PM Girls Varsity 4 x 400 Relay

3:30 PM Boys Varsity 4 x 400 Relay