



April 22, 2017

University HS

- TIME:** Running & Field Events start at 8:00am. Gates open at 6:45am
- FACILITIES:** University High School is located at 4771 Campus Dr, Irvine, CA 92612. This is a nine lane 400m poly urethane 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 five finishers in each event for the Frosh/Soph & Varsity. 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.EPlsports.com. Please include an email address for entry confirmation. THREE (3) entries per event per gender will be accepted. Please use marks from 2017 and not BEST TIME marks. There are no qualifying standards for entries. Coaches may begin entering athletes starting February 1, 2017.
- 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 additional **add's will be available from 6:45-11:00am at \$12.00 each. The add table will be at the packet pick-up.**
- ENTRY FEES:** Individual entry fees are \$8.00 per event and \$32.00 per relay. Team Registration cost is \$240.00 per level/gender. 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 payable to Woodbridge High School Track & Field. 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.



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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 \$12.00

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) 9:30	B/FS	HIGH JUMP
17) 12:00	G/FS	100M	51) 10:00	G/V	DISCUS
18) 12:15	B/FS	100M	52) 11:00	G/V	HIGH JUMP
19) 12:30	G/V	100M	53) 12:30	B/V	HIGH JUMP
20) 12:45	B/V	100M	54) 10:00	B/V	SHOT PUT



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21) 1:00 G/FS 400M
22) 1:15 B/FS 400M
23) 1:30 G/V 400M
24) 1:45 B/V 400M
25) 2:00 G/FS 800M
26) 2:15 B/FS 800M
27) 2:30 G/V 800M
28) 3:00 B/V 800M
29) 3:15 G/FS 200M
30) 3:30 B/FS 200M

55) 10:00 G/FS LONG JUMP
56) 10:00 B/FS LONG JUMP
57) 12:00 G/FS SHOT PUT
58) 12:00 B/FS DISCUS
59) 12:00 G/V TRIPLE JUMP
60) 12:00 B/V TRIPLE JUMP
61) 2:00 B/V DISCUS
62) 2:00 G/FS TRIPLE JUMP
63) 2:00 B/FS TRIPLE JUMP
64) 2:00 B/FS SHOT PUT

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