

Cucamonga Kick-Off Classic



Welcome to the first annual Cucamonga Kick-Off Classic. Rancho Cucamonga HS will host their first Invitational on the new all weather facility. The stadium was designed with Track and Field in mind. We believe it will be a good experience for you and your fans. The coaching staff is dedicated to putting on a quality early season event. We will be weighing and measuring all throwing implements to make sure if you hit the "Arcadia " standard it will count. We will also have custom medals for this event. Because it is the first invitational, we will only take the first 15 teams that register.

Divisions: This is a Varsity and Frosh/Soph event

Awards: Custom medals will be awarded to the top 5 individuals and the top 3 Relay teams.

Entry Deadline: Tuesday February 20 @ 11:00PM

Entries should be submitted to <http://www.finishedresults.com>

Final heat sheets will be sent to the coaches the day of the meet.

Meet Entries: Each Team will be allowed 3 athletes per individual event and 1 relay team per division. We would appreciate the best estimated times, so that we can seed the events properly. In the 100 meters, each team will be allowed up to 5 individuals per division.

Awards: The top 5 individuals and top 3 relay teams will receive custom medals.

Cost: \$200 per gender \$350 full team \$10 per individual event \$25 for Relays

Please make checks out to Rancho Cucamonga HS

Mail to:

Attn. Track and Field

Rancho Cucamonga HS

11801 Lark Ave.

Rancho Cucamonga, CA 91701

Spectator Information: Admission - Adults \$7, student with school ID and children under 12 \$3

Facilities: Rancho Cucamonga High School's brand new all-weather 9 lane track
3/16 pyramid spikes only spikes will be on sale for \$3 for 14 spikes

Timing: will be handled by finished results. Results will be posted immediately after each race, and the full results will be posted on <http://www.prepcaltrack.com> and finishedresults.com

Meet information: field events start at 8:30AM and running at 9:00AM

All discus and shot puts will be measured and weighed between 7:30AM and 9:00AM.

NO IMPLEMENTS WILL BE ALLOWED IN THE COMPETITION THAT HAVE NOT BEEN MEASURED OR WEIGHED WITHIN THE ALLOTTED TIME FRAME.

Meet Schedule: This meet will be on a rolling schedule. Please listen to announcements and check-in to the designated area at the proper time.

Running events:

Order will be F/S Girls - F/S Boys - Varsity Girls - Varsity Boys

Distance Medley 1200 400 800 1600

4x100

Girls 100 M HH

Boys 110 M HH

4x1600

100 M

Sprint Medley 200 200 400 800

4x200

800

4x400

Field Events

Pole Vault F/S and Varsity will be combined

Girls all levels followed by the boys all levels

High Jump boys all levels followed by the girls all levels

Discus F/S Girls, Var. Girls, F/S Boys, Var. Boys
Shot Put F/S Boys, Var. Boys, F/S Girls, Var. Girls
Long Jump F/S Girls, Var. Girls, F/S Boys, Var. Boys
Triple Jump F/S Boys, Var. Boys, F/S girls, Var. Girls

There will be 3 attempts in the discuss, shot put, long jump, and the triple jump for all athletes in the varsity events only. The top 5 athletes will get 3 additional attempts.

Meet Managers:

Terry Tierney (951) 205-1401 terry.tierney@cjuhsd.net

Victor Bolden (909) 732-7392 boldenztrack@aol.com

Dominique Holloway (626) 290-6179 dominique.holloway@cjuhsd.net