



“FROSH SOPH FINALE”



TRACK & FIELD CHAMPIONSHIPS!

Saturday, April 22nd 2023

Covina District Stadium

200 W. Puente Ave. Covina

One more time! The Frosh-Soph Finale Championships will give freshman and sophomore track athletes the opportunity to shine on their own to finish the 2023 track season.

Start time: Field Events: 3:00 pm, Track Events 3:30 pm

Medals & Awards: 1st - 6th place, 1st Place Frosh Boys & Girls Championship Plaques

Events: Standard CIF Events, including 4x800 RELAY!

Entries: All relays accepted (A & B Teams welcomed!)
3 in field events, 3 in sprints (4 in 100m) , 4 in distance events

Team Cost: \$350 both genders, (\$200 one gender) or \$20 per athlete for smaller teams

Admission: \$8 spectators, \$5 students, \$3 children

Deadline: Entries due on <https://ca.milesplit.com/> by Wednesday evening 11:59 pm April 19th

Timing: Electronic Timing by Finished Results

GENERAL MEET INFORMATION

Facilities: Nine lane all-weather track and runways.

Two Divisions: Boys Frosh/Soph, Girls Frosh Soph

Scoring and Awards: Team scoring is 10-8-6-4-2-1- for all levels and events. Medals are awarded to 1st through 6th overall. Time/marks for any heat/flight can score and medal if they are in the top 6 overall. The meet will be scored and team championship trophies will be awarded to the top school in each division.

All entries will be made online through <https://ca.milesplit.com/>. Entries will close at 11:59 PM on Wednesday, April 19th. There are no minimum standards for entry.

Fees and Team Packets: \$200 per team in each division or \$350 for all divisions. Individuals and smaller schools are allowed to enter at \$20 per athlete. Team packets can be picked up at the finish line upon your arrival. Checks for the fees should be made out to "Covina High Track" You must pay your fee on or before meet day.

Entry: Athletes will be seeded according to times and marks submitted to ca.milesplit.com. Three athletes in each sprinting event (4 in 100), 3 athletes in each field event and 4 athletes in each distance event (800, 1600, 3200) will be accepted.

Starting Heights: Starting heights will be determined after entries are received.

Warm Ups: The warm up area is located in the infield. Athletes are allowed on the infield and track only when competing. Noncompeting athletes will not be allowed to set up in the infield. There will be designated coaching areas near the field events.

Bus Drop Off and Parking: Bus drop off will be at Covina District Field Stadium. Bus parking will be at Covina High School (463. S. Hollenbeck Ave., Covina CA 91723) 1/4 mile away.

Clerk of the Course: The clerk of the course is located in the infield. Athletes will report directly to the event to report when announced.

Spikes: Please make sure all track athletes have 3/16" spikes or less. Spikes will be checked and sold at the entrance of the stadium.

Results: Live results will be available on the Finished Results app. Complete results will be posted after the meet at PrepCalTrack.com, FinishedResults.com, and milesplitCA.

Meet Director - Kevin Glaspy, kglaspy@c-vusd.org

“Frosh-Soph Finale” TENTATIVE 2023 Time Schedule

Track Events (Begin at 3:30pm)

3:30pm	4x800	GFS, BFS
3:55pm	100H	GFS
4:10pm	110HH	BFS
4:20pm	4x100	GFS
4:30pm	4x100	BFS
4:40pm	1600	GFS
5:00pm	1600	BFS
5:20pm	400	GFS, BFS
5:35pm	100	GFS, BFS
5:55pm	800	GFS, BFS
6:15pm	300H	GFS, BFS
6:30pm	200	GFS, BFS
6:55pm	3200	GFS
7:15pm	3200	BFS
7:30pm	4x400	GFS
7:45pm	4x400	BFS

FIELD EVENTS (Begin at 3:00pm)

Shot Put		Pole Vault	
GFS	3:00pm	GFS	3:00pm
BFS	5:00pm	BFS	5:30pm

Discus		High Jump	
BFS	3:00pm	BFS	3:00pm
GFS	5:00pm	GFS	5:30pm

Long Jump		Triple Jump	
BFS	3:00pm	GFS	3:00pm
GFS	5:30pm	BFS	5:30pm



CONTRACT FOR ATHLETIC CONTESTS

This contract may be used in arranging non-league and tournament interscholastic athletic contests. Regular league schedules are official and binding on said league members and do not require individual contract. Please refer to Blue Book rules 150-153.

This **CONTRACT** is made and subscribed to by the principals and athletic administrators of

Covina HS (Frosh-Soph Finale) High School and _____ High School
 for Boys & Girls contests in Track & Field to be played as follows:
 (Boys' or Girls') (Name of Sport)

LEVEL	SITE	DATE	STARTING TIME
Varsity	_____	_____	_____
Jr. Varsity	_____	_____	_____
Soph	_____	_____	_____
Frosh	_____	_____	_____
Frosh-Soph	Covina District Stadium	4/22/23	3:00pm

REMARKS: "Frosh-Soph Finale" Track & Field Championships
200 W. Puente Ave, Covina 91723

FINANCIAL ARRANGEMENTS

A. General Admission	<u>\$8.00</u>	F. Faculty Passes honored Both Schools	<u>YES/CIF Pass</u>
B. Home Students WITH ASB Cards	<u>\$5.00</u>	G. Advance Sale Permitted	_____
C. Visiting Students WITH ASB Cards	<u>\$5.00</u>	H. Visiting Band in Uniform Admitted Free	_____
D. Student (Both Schools) WITHOUT ASB Cards	<u>\$5.00</u>	With Advisor	_____
E. Children Admission	<u>\$3.00</u>	I. Visiting Pep Squads Admitted Free	_____
		With Advisor	_____

ADDITIONAL FINANCIAL TERMS: \$350 per team, or \$200 per gender team OR \$20 per athlete for smaller teams

MEDICAL RESPONSIBILITY: Trainer on site

OTHER ARRANGEMENTS: Entries on ca.milesplit.com by Wednesday 4/19 at 11:59pm

Return to **HOST SCHOOL** by: ASAP

All contests must be played under the regulations and rulings of the California Interscholastic Federation and the Southern Section of which the contracting schools are members. These regulations and rulings are a part of this contract. Use back side of form for additional comments.

HOST SCHOOL INFORMATION	VISITING SCHOOL INFORMATION
School Name <u>Covina</u>	School Name _____
School Address <u>463 S. Hollenbeck Covina 91723</u>	School Address _____
School Phone Number <u>626 974-6030</u>	School Phone Number _____
School Fax Number <u>626 974-6045</u>	School Fax Number _____
Host School Principal's Signature _____	Visiting School Principal's Signature _____
Host School Athletic Administrator's Signature _____	Visiting School Athletic Administrator's Signature _____
Date: _____	Date: _____
Host A.D. Email Address <u>kglaspy@c-vusd.org</u>	Visiting A.D. Email Address _____
Host A.D. Cell Phone # <u>626 824-0852</u>	Visiting A.D. Cell Phone # _____

NOTE: All contracts to be valid must be signed by the principal and the athletic administrator at each school. When the principal and athletic administrator of one of the contracting schools is new to the school, he should be notified of existing

HOST SCHOOL SHOULD BE LAST TO SIGN