



PARAMOUNT RELAYS

MARCH 6, 2010

Come to Paramount Relays and treat your athletes to an amazing track & field experience! Paramount High School now has a brand new, state-of-the-art all-weather, polyurethane, 9 lane, 400 meter track. We also have 2 shot put rings, 4 long/triple jump pits, 2 pole vault pits, 2 high jump pits, and a discus ring.

All the events can be seen from inside the 6,000 seat stadium.

This is an all relay meet which includes boys and girls frosh/soph and varsity levels. The field events will be scored as relays as well with each school providing 3 athletes per field event. This is going to be an awesome early season meet. There is an 18 school cap so that the field events will be organized and the athletes can have all the advantages on their way to great performances. *Meet should end by 4:00!!! (Last year it ended at 3:30).*

DIVISIONS: Boys Varsity, Girls Varsity, Boys Frosh/Soph, Girls Frosh/Soph

COST: \$350 Full Team/\$100 each division

AWARDS: Top 5 places

Only the first **18** schools that reserve a spot by (1) emailing Chris Barboza and (2) signing and faxing a CIF contract to Paramount High School by 3/6 can participate.

Fax#562-602-6099 (Paramount HS fax)

For more information contact PHS Head Track Coach Chris Barboza. CBarboza@paramount.k12.ca.us or call 562-896-9696

Make checks payable to Paramount Track and send to 14429 S.Downey Ave., Paramount, CA 90723
c/o Chris Barboza Payment can be made on day of meet prior to start of meet.

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INFORMATION

- DATE/TIME:** Saturday, March 6, 2010 8:30am-4:00pm
- LOCATION:** Paramount High School Pirate Stadium
14429 S.Downey Ave.
Paramount 90723
- PAYMENT:** All entry fees must be paid prior to start of meet. Fees may be paid on day of meet at Packet Pick-up. No teams will compete unless payment is made BEFORE meet.
- COACHES MEETING:** Coaches Meeting will take place at 8am at the starting line. Please be prompt!
- STADIUM OPENS:** Stadium will be opened at 7:00am.
- CLERK OF THE COURSE:** Competitors will receive starting instructions from the Clerk of the Course. All competitors will be escorted to the competition area. No athlete will be admitted without an escort.
- RANDOM SEEDING:** All races will be seeding randomly before race by the Clerk. Athletes must check-in when race is called so that they can be given a heat and lane assignment. All Field Event athletes report to their event and they will be given a flight assignment.
- RELAY TEAMS:** One team per event allowed per school. Four participants for running events and three for field events. B & C teams are allowed only if there is room—check with Clerk on day of meet.
- RELAY INSTRUCTIONS:** Runners stay in their lanes after baton pass. Disqualification will result with thrown baton or lane violation.
- LANE ASSIGNMENTS:** Lanes will be rotated. Scratches and adds (for B & C teams) will be accepted at 7:30am.
- TIMING:** There will be Automatic Timing. All results will be sent to DyeStat at conclusion of meet.
- FIELD EVENTS:** Composed of 3 person teams adding up three best marks from each athlete for team's total scoring. 3 attempts for the LJ, TJ, SP, Discus.

- EQUIPMENT:** Teams furnish own batons, throwing implements, and pole vault poles.
- AWARDS:** Medals will be given to the top 5 places overall in running and field events.
- OPEN POLE VAULT:** Only 3 participants per school. Please have vaulters verification sheet filled out and signed.
- SNACK BAR:** Various items will be for sale ranging from hot dogs, nachos, tacos, Gatorade etc..
- 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:** Set-up canopies at the very top row of bleachers. Also, canopies can be set up in the perimeter of the warm-up area.
- NO RADIOS:** No radios will be allowed at the meet.
- RESTROOMS:** Restrooms are available in the stadium.
- 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.
- 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. All spikes will be checked at gate and again at starting line. Replacement spikes will be on sale for \$3.00.
- RAINOUT DATE:** The meet will be held rain or shine. There will be no refunds of entry fees or deposits.
- TERMS/ CONDITIONS:** **NO FOOD, DRINKS, GUM, OR SUNFLOWER SEEDS ALLOWED ON TRACK, RUNWAYS, OR FIELD!!!**
- QUESTIONS:** Please address all questions to **Chris Barboza**, Head Track & Field Coach-Paramount HS
- CBarboza@paramount.k12.ca.us
Cell 562-896-9696

PARAMOUNT RELAYS TIME SCHEDULE-FIRST RACE STARTS @ 8:30 All other races will follow.

Event 1	Var. Girls 4 x 1600	Long Jump		
Event 2	F/S Girls Shuttle Hurdles (lows)	Event 33	Var Girls	8:30-10:15
Event 3	Var.Girs Shuttle Hurdles (lows)	Event 34	F/S Girls	10:15-12:00
Event 4	F/S Boys Shuttle Hurdles (highs)	Event 35	Var Boys	12:00-1:45
Event 5	Var. Boys Shuttle Hurdles (highs)	Event 36	F/S Boys	1:45-3:30
Event 6	F/S Boys 4 x 1600	Triple Jump		
Event 7	F/S Girls 4 x 100	Event 37	Var Boys	8:30-10:15
Event 8	Var.Girls 4 x 100	Event 38	F/S Boys	10:15-12:00
Event 9	F/S Boys 4 x 100	Event 39	Var Girls	12:00-1:45
Event 10	Var.Boys 4 x 100	Event 40	F/S Girls	1:45-3:30
Event 11	Var.Boys 4 x 1600	High Jump		
Event 12	F/S Girls Sprint Medley (100-100-200-400)	Event 41	F/S Girls (3'6")	8:30-10:15
Event 13	Var.Girls Sprint Medley (100-100-200-400)	Event 42	Var.Girls (3'8')	10:15-12:00
Event 14	F/S Boys Sprint Medley (100-100-200-400)	Event 43	F/S Boys (4'4")	12:00-1:45
Event 15	Var.Boys Sprint Medley (100-100-200-400)	Event 44	Var.Boys (4'10")	1:45-3:30
Event 16	Var.Coed 4 x 800	Pole Vault		
Event 17	Var.Coed 4 x 800	Event 45	F/S Girls (6')	8:30-10:15
Event 18	F/S Coed 8 x 200	Event 46	Var.Girls (6')	10:15-12:00
Event 19	Var.Coed 8 x 200	Event 47	F/S Boys (7')	12:00-1:45
Event 20	F/S Girls Distance Medley (1200-400-800-1600)	Event 48	Var.Boys (8')	1:45-3:30
Event 21	Var.Girls Distance Medley (1200-400-800-1600)	Shot Put		
Event 22	F/S Boys Distance Medley (1200-400-800-1600)	Event 49	F/S Boys	8:30-10:15
Event 23	Var.Boys Distance Medley (1200-400-800-1600)	Event 50	Var.Boys	10:15-12:00

Event 24	F/S Girls 4 x 400	Event 51	F/S Girls	12:00-1:45
Event 25	Var.Girls 4 x 400	Event 52	Var.Girls	1:45-3:30
Event 26	F/S Boys 4 x 400	Discus		
Event 27	Var.Boys 4 x 400	Event 53	F/S Girls	8:30-10:15
Event 28	F/S Girls 4 x 1600	Event 54	Var.Girls	10:15-12:00
Event 29	F/S Girls Thowers 4 x 100	Event 55	F/S Boys	12:00-1:45
Event 30	Var.Girls Thowers 4 x 100	Event 56	Var.Boys	1:45-3:30
Event 31	F/S Boys Thowers 4 x 100			
Event 32	Var.Boys Thowers 4 x 100			