

Bronco Invitational **Track Meet**

At

Cal Poly Pomona

CIF Sanction-Diamond Bar H.S.

The field size will be limited to 30 full squad teams

Date: Saturday March 13, 2010

Entries Open – Monday, February 8th (7 AM)
Entries Close - Wednesday, March 10, 2010 (6 PM)

Site: All Events will be contested at Cal Poly Pomona- Kellogg Track&Field

Directions: Best access 57 Freeway, Temple Ave off-ramp go South Temple and turn Right on University and go 100 meters and turn right into the stadium.
Buses park in parking lot B

Parking: Lot “K” off of Temple and University.

Divisions: Frosh-Soph / Varsity---Boys & Girls.
(If a Frosh-Soph athlete runs Varsity they must do so the entire meet).

Entry Fee: \$10.00 per person per event
\$15.00 per relay team
or
Entry Fee of \$600.00 pays for unlimited entries per school.
(male and female teams, \$300 per gender squad)

Under NO circumstances will adds be taken on the day of the meet !

Substitutions will only be available for one person per event from your school. When substitutions take place, the substitute athlete will compete under the original athletes name (i.e., no name changes).

Make check payable to: **Diamond Bar Bronco Invitational**

The check must reflect the same fee as the original entry list.

All other entry fees are due the day of the meet at packet pickup.

NO ENTRY FEE, NO COMPETING, NO EXCEPTIONS.

Rules of the Meet: 2010 CIF Track and Field rules will be followed.

Entries for the meet –All entries will be handled online through www.episports.com. All entries are due on March 10, 2010 by 6pm. On Thursday March 12, confirmed entries will be emailed to all coaches by EPI Sports. Each school can enter 4 athletes per individual event per level and 1 relay team per relay event per level. A copy of your

schools insurance should be mailed to: Coach Troy Johnson Cal Poly Pomona-Athletics
3801 W. Temple Pomona, CA 91768. Any Questions should be directed to: Coach Troy
Johnson (909) 869-2831

Meet Information

<u>Awards:</u>	3 medals	Lane Races
	5 medals	800 m – 3200m
	4 medals per flight	Field Events
	5 medals	Pole Vault
	5 medals	High Jump

Awards will be presented after each flight and race

Timing: The meet will feature FinishLynx timing provided by EPI Sports. Please keep all Athletes and Coaches and PARENTS away from the finish line area. Results will be posted on the Southwest bathroom wall.

Spikes: Only ¼ inch or less pyramid spikes will be allowed.
Spikes will be available to purchase. **NO NEEDLE SPIKES !!!**
Spikes will be inspected and measured at the clerking area.

Dressing Facilities: NO dressing facilities will be available. It is recommended that all athletes arrive dressed for competition. Diamond Bar High School and Cal Poly Pomona are NOT responsible for any property lost by individuals, schools or spectators.

Trainers: Qualified trainer will be on site. For emergency use only!!!

Team and Participant entrance: The initial entrance for all school teams is the Southeast entrance to the stadium from parking lot K. Closest to the fields. No Spectator Charge.

“WARNING!!!” STADIUM SEATS ON THE EAST SIDE ARE OFF LIMITS TO EVERYONE!!!

<u>Starting Heights:</u>	<u>High Jump</u>	<u>Pole Vault</u>
Girls Frosh-Soph	3’-6”	6’-6”
Boys Frosh-Soph	4’-8”	8’-6”
Girls Varsity	4’-0”	8’-0”
Boys Varsity	5’-0”	11’-0”

Please: All athletes and coaches are to stay off the infield or track, unless competing!!!

Divisions, Flights and Heats: CIF rules enforced on maximum of (4) events per individual. Flights and Heats will be seeded by the submitted times, distances or heights. Please submit 2008 best outdoor marks only. Please enter 1600m and 3200m marks. Entering 1500m and 3000m marks will only hinder your athlete's performance by inaccurate information. If no marks available please enter "No Mark".

Relays: Once an athlete runs Varsity, they must run Varsity the entire meet.

Schedule Changes: All Running and Field events will be conducted early if the meet should move faster than the printed time schedule. Announcements will be made throughout the meet should this occur to allow your athletes ample time to adjust for warm-up. *Coaches PLEASE be aware of any schedule changes.*

Results: Results will be posted on the Southwest wall of the bathroom near the entrance. Results will be displayed on DyeStatCal.com following the meet.

Clerk of the Meet

Running Events:

Athletes must report to the Check-In area 45 minutes prior to their event. The Check-In area is behind the restrooms near the finish. At 15 minutes prior to the event they will be ushered to the Southeast straightaway for heat and lane assignments. ***Failure to report to the Clerk area on time will result in the athlete being scratched.***

Warm-up Area is the grass field OUTSIDE the track stadium. No Warm-up on the track. The athlete is responsible for knowing when to report to the clerk of the track.

Field Events: Athletes will report directly to their field event area 30 minutes prior to the start of their event. If an athlete is involved in a track event, they must let the field official know prior to leaving for that event.

Field Event Athletes will have 5 minutes for warm-ups between flights.

Throwing Event- ONLY THE SHOT PUT WILL BE CONTESTED.
(the discus will **not** be contested)

Long Jump/Triple Jump: Each flight will have 5 minutes for run-throughs and warm-up prior to competition. All first legal jumps will be measured and then a performance mark will be established at the lowest jump. Only jumps that surpass that mark will be measured from that point forward. It is important to have check marks made prior to the start of the flight so that run-throughs are not necessary between flights.

Varsity on the East (Main) Pit.

High Jump/Pole Vault: Will be conducted as a Five-Alive format. 5 athletes in a rotation, as one athlete makes a height another athlete is added to the rotation.
Athletes are responsible to know their position in the jumping order.

MEET SCHEDULE

Coaches please be aware that if the meet runs ahead of schedule we will continue to keep it up to 30 minutes ahead of schedule.

WE DO NOT COMPETE IN THE FOLLOWING EVENTS IN THIS MEET.

FROSH/SOPH- Long Jump and 300 hurdles

VARSITY - 300 Hurdles

Throwing Event- ONLY THE SHOT PUT WILL BE CONTESTED.
(discus will **not be contested)**

Time Schedule

Running Events (start at 8 AM, rolling schedule)

8:00am	3200 m Relay	Frosh-Soph/ Varsity Girls
	3200 m Relay	Frosh-Soph/Varsity Boys
	3200m	Frosh-Soph Girls
	3200m	Varsity Girls
	3200m	Frosh-Soph Boys
	3200m	Varsity Boys
	100 m Hurdles	Frosh-Soph Girls
	100 m Hurdles	Varsity Girls
	110 m Hurdles	Frosh-Soph Boys
	110 m Hurdles	Varsity Boys
	400 m Relay	Frosh-Soph Girls
	400 m Relay	Frosh-Soph Boys
	400 m Relay	Varsity Girls
	400 m Relay	Varsity Boys
	400m	Frosh-Soph Girls
	400m	Frosh-Soph Boys
400m	Varsity Girls	
400m	Varsity Boys	
100m	Frosh-Soph Girls	
100m	Frosh-Soph Boys	
100m	Varsity Girls	
100m	Varsity Boys	
800 m	Frosh-Soph Girls	
800 m	Frosh-Soph Boys	
800 m	Varsity Girls	
800 m	Varsity Boys	
200m	Frosh-Soph Girls	
200m	Frosh-Soph Boys	
200m	Varsity Girls	
200m	Varsity Boys	

1600m	Frosh-Soph Girls
1600m	Frosh-Soph Boys
1600m	Varsity Girls
1600m	Varsity Boys

1600m Relay	Frosh-Soph Girls
1600m Relay	Frosh-Soph Boys
1600m Relay	Varsity Girls
1600m Relay	Varsity Boys

FIELD EVENTS

8:00am	High Jump	Frosh-Soph Girls
9:30am	High Jump	Frosh-Soph Boys
11:30am	High Jump	Varsity Girls
1:30 pm	High Jump	Varsity Boys

8:00 am	Long Jump	Varsity Girls	Main Pit
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10:00 am	Long Jump	Varsity Boys	Main Pit
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8:00 am	Shot Put	Frosh-Soph Girls
10:00am	Shot Put	Frosh-Soph Boys
12:00pm	Shot Put	Varsity Girls
2:00pm	Shot Put	Varsity Boys

8:00am	Pole Vault	Frosh-Soph Girls
10:00am	Pole Vault	Varsity Girls
12:00pm	Pole Vault	Frosh-Soph Boys
2:00pm	Pole Vault	Varsity Boys

12:00pm	Triple Jump	Varsity Girls	Main Pit
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2:00pm	Triple Jump	Varsity Boys	Main Pit
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In **All Field Events 4 Attempts**; the next scheduled event will follow **Immediately** following the completed event.

Any Questions should be directed to: Coach Troy Johnson (909) 869-2831