

# Clovis West Track and Field

## Clovis West Frosh/Soph Showcase

Dear Coach,

The Clovis West Track and Field Program would like to invite you to participate in the 6th annual Clovis West Frosh-Soph Showcase to be held at Clovis West High School on Friday March 26, 2010. The meet will start at 2:30pm with the field events and 3:00pm for the running events.

All field events and laned events will be limited to the top 18 and top 25 in the distance events. (800 through 3200)

### **Entries need to be mail by Saturday March 13.**

We are working in an On-line sign-in process. Also, Automatic timing and wind readings will be available. Check later for news.

If you have any questions about the meet, feel free to call Martin Palavicini, Director of Track & Field at Clovis West 559-327-2195 or by cell 559-260-1080, or by email martinpalavicini@cusd.com.

Enclosed you will find other information about the meet along with a time schedule.

Entry fees are \$6 per athlete and \$15 per relay team with a maximum fee of \$200 per school. Checks are to be made payable to Clovis West Track & Field. **Entry fees are due the day of the meet. Late entries will not be processed.**

Mail checks to:  
Clovis West High School  
1070 E. Teague Avenue  
Fresno, CA 93720  
Attention: Martin Palavicini

Hope to see you there and good luck this season.  
Martin Palavicini  
Head Track & Field Coach  
Clovis West High School

# Clovis West Frosh/Soph Showcase

## Schedule of Events

### Running Events

2:30 - 400 Relay Girls  
2:40 - 400 Relay Boys  
  
2:50 - 1600m Girls  
3:00 - 1600m Boys  
  
3:10 - 100HH Girls  
3:30 - 110HH Boys  
  
3:45 - 400m Girls  
4:00 - 400m Boys  
  
4:15 - 100m Girls  
4:30 - 100m Boys  
  
4:45 - 800m Girls  
4:55 - 800m Boys  
  
5:05 - 300LH Girls  
5:20 - 300LH Boys  
  
5:30 - 200m Girls  
5:45 - 200m Boys  
  
6:00 - 3200m Girls  
6:20 - 3200m Boys  
  
6:35 - 1600 Relay Girls  
6:45 - 1600 Relay Boys

### \*2:00 Field Events

Pole Vault      Girls  
Long Jump      Girls    East  
Shot Put        Girls  
High Jump      Boys  
Discus          Boys  
Triple Jump     Boys    West

### \*4:00 Field Events

Pole Vault      Boys  
Triple Jump     Girls    West  
Discus          Girls  
High Jump      Girls  
Long Jump      Boys    East  
Shot Put        Boys

**\*Times are approximate and will vary depending on pit availability and event times**

### Track Event Rules

1. Lanes will be assigned on a first come first served basis. Make sure your athletes sign in on time and faster athletes sign in for the first two heats.
2. No calls will be made for events over the PA system. Athletes will report to the clerk of the course/ holding area 15 minutes before the start of their event. All field events athletes will report to the event site 30 minutes prior to the start of the event.
3. A three-turn stager will be used in the 1600m relay.

### Field Event Rules:

1. All field event athletes will report directly to their event area. Athletes not reporting by the start of the event will not be allowed to sign in.
2. If an athlete is competing in a running event, please notify the field event judge and then go to the event. The athlete will then have 10 minutes to return to the event.
3. No athlete may enter an event once it has started.
4. There will be 4 trials in the field events. There will be no finals.
5. In the high jump and in the pole vault, once the bar has been raised, it will not be lowered.
6. In the vertical throws and jumps, the athletes will compete in flights of 10. Athletes will take one attempt at a time, until all attempts are completed. Then, the next flight will do so. In the pole vault and high jump, continuing flights will be used.
7. The high jump will move as follows:
  - Frosh/Soph Girls: 4'5", 4'7", 4'9", 4'11", 5'1" etc.
  - Frosh/Soph Boys: 5'1", 5'3", 5'5", 5'7", 5'9" etc.
8. The pole vault will move as follows:
  - Frosh/Soph Girls: 6'0", 6'6", 7', 7'6", 8', 8'6", 9' etc.
  - Frosh/Soph Boys: 8'0", 9'0", 9'6", 10'0", etc.

**General Rules:**

1. All rules of the California Interscholastic Federation apply.
2. No headgear is allowed. State meet rules shall apply to clothing and jewelry.
3. When tights are worn, they must be the same design and color for the entire team.
4. Any T-shirt or sports bras worn under uniforms must be a single color.

# Clovis West Frosh/Soph Showcase

## Schedule of Events

### Running Events

#### 3:00

400 Relay Girls  
400 Relay Boys

1600m Girls  
1600m Boys

100HH Girls  
110HH Boys

400m Girls  
400m Boys

100m Girls  
100m Boys

800m Girls  
800m Boys

300LH Girls  
300LH Boys

200m Girls  
200m Boys

3200m Girls  
3200m Boys

1600 Relay Girls  
1600 Relay Boys

#### \*2:30 Field Events

Pole Vault	Girls	
Long Jump	Girls	East
Shot Put	Girls	
High Jump	Boys	
Discus	Boys	
Triple Jump	Boys	West

#### \*4:00 Field Events

Pole Vault	Boys	
Triple Jump	Girls	West
Discus	Girls	
High Jump	Girls	
Long Jump	Boys	East
Shot Put	Boys	

**\*Times are approximate and will vary depending on pit availability.**

## Clovis West Frosh/Soph Showcase Entry Sheet

Please circle one: **BOYS / GIRLS**

**Coach** \_\_\_\_\_

**School** \_\_\_\_\_

**Home/FAX number** \_\_\_\_\_

Name	Mark	Name	Mark	Name	Mark
<b>100m</b> _____	_____	_____	_____	_____	_____
<b>200m</b> _____	_____	_____	_____	_____	_____
<b>400m</b> _____	_____	_____	_____	_____	_____
<b>800m</b> _____	_____	_____	_____	_____	_____
<b>1600m</b> _____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
<b>3200m</b> _____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
<b>100HH</b> _____	_____	_____	_____	_____	_____
<b>300HH</b> _____	_____	_____	_____	_____	_____
<b>HJ</b> _____	_____	_____	_____	_____	_____
<b>LJ</b> _____	_____	_____	_____	_____	_____
<b>TJ</b> _____	_____	_____	_____	_____	_____
<b>SP</b> _____	_____	_____	_____	_____	_____
<b>Dis</b> _____	_____	_____	_____	_____	_____
<b>PV</b> _____	_____	_____	_____	_____	_____

**Clovis West Frosh/Soph Showcase  
Entry Sheet**

**Please circle one: BOYS / GIRLS**

**Coach** \_\_\_\_\_

**School** \_\_\_\_\_

**Home/FAX number** \_\_\_\_\_

**Number of Participants** \_\_\_\_\_ x \$5.00

**Number of Relays** \_\_\_\_\_ x \$10.00

**Total Due** \_\_\_\_\_

**Relay Entries:**

**4 x 100 A** \_\_\_\_\_ **Time** \_\_\_\_\_

**4 x 400 A** \_\_\_\_\_ **Time** \_\_\_\_\_