

Torrey Pines High School

21st Annual Falcon Relays, March 21, 2015

SANCTION: This meet is sanctioned by California CIF and is issued by the San Diego CIF Section Office

MEET DIRECTOR:

Charlene Falcis-Stevens: (619)218-5282 or (858)755-0125x2136 or charlene.falcisstevens@sduhsd.net

LOCATION & FACILITIES: Torrey Pines High School (8-lane all weather track), 3710 Del Mar Heights Road San Diego, CA 92130 (858)755-0125. Our synthetic surface will require the use of **3/16” needle spikes**.

TIME: Gates will open at 8:30 am. The meet will run from 9:30 AM to approximately 4:30 PM.

CHECK-IN: Track athletes will check in at the Clerk of the Course. Check-In will open 60 minutes prior to the start of the event. The event will close 25 min prior to the start of the event. Field event athletes will check in 30 minutes before their event at their event area.

WARM UP AREA: The warm up area will be on the turf in the middle of the stadium. The grass fields behind the stadium will also be available for warm up. Coaches will be allowed on the field provided that they do not interfere with the running of the events.

TENTS: Team Canopies will be only be allowed on the HOME side of the stadium.

ENTRY FEE: The entry fee is \$300 per school. Please make checks out to “TPHS Foundation”

PROGRAMS: Programs will be sold all day. Each team will receive a program.

ENTRY INSTRUCTIONS:

*****Deadline for entries is Tuesday, March 17 at 7:00 PM in Athletic.net**

SCRATCHES: Please notify use immediately of any scratches by email at ted@ravenstrack.org. Your cooperation will help ensure a full field for each event and make a better meet.

*****PLEASE NOTE: SCRATCHES MUST BE MADE NO LATER THAN 9:00PM on THURSDAY, MARCH 19.**

List of Track Relay Events:

4 x 100	Shuttle hurdles (boys high-high)
4 x 200	Co-ed throwers 4 x 100
4 x 400	JV 4 x 100
4 x 800	JV Sprint Medley (1-1-2-4)
DMR	JV DMR
	Coaches 4 x 100 Relay

List of Field Relay Events:

Long Jump
Triple Jump
Shot Put
Discus

List of Individual Track Events:

100m	100HH/110HH
400m	300LH/300IH
800m	
1500m	

List of Individual Field Events:

High Jump
Pole Vault

*****Please read the following carefully before entering your athletes!**

Division 1	Division 2
Carlsbad	CCA
Cathedral Catholic	El Camino
Del Norte	El Capitan
La Costa Canyon	Fallbrook-partial
Mira Mesa-partial	Mt. Carmel
Rancho Bernardo	Ramona
Scripps Ranch	San Dieguito Academy-partial
Steele Canyon	San Pasqual
Torrey Pines	Valley Center
	Westview

***** Coaches Relay is back for another year! It will again be a 4x100m relay.**

***** We will also be scoring the meet as a team event. There will be trophies for 1st & 2nd place and it will be based on track and field relay events only.**

Track Relay Events (except the 4x800 and DMR)

Every school is guaranteed a lane in the relays. The relay events are split into Division 1 schools and Division 2 schools. Please be sure you enter your athletes into the correct division for your school (see table above). Some relays events have both varsity & JV races, some have varsity only and one races is JV only (sprint medley). **Athletes entered in JV races are NOT allowed to compete in varsity races.** Check the list of events above for clarification.

4x800 and DMR

The 4x800 and DMR will be run combined Division 1 and Division 2, so you will not need to specify your division for these races. Medals will, however, be awarded by division at the meet. B teams will be accepted.

Individual Track Events

The standard non-relay track events (100m, 100HH/110HH, 300LH/300IH, 400m, 800m, 1500m) are individual events and are NOT separated by Division 1 and Division 2. Athletes must make the cut to be entered in these events. There will be 3 heats for each event (except the 800m and 1500m). Please submit honest times. We will have a list of alternates.

Throws and Horizontal Jumps

The throwing and horizontal jump events are split into Division 1 and Division 2 schools - please enter your athletes in the correct division. Each school may enter up to **3** athletes in each of these events. Be aware that the fields will be broken into flights.

Vertical Jump Events

The high jump and pole vault are individual events and are NOT split into Division 1 and Division 2. Athletes in these events must make the "cut" to get in these events. Each school will have 1 automatic entry, but enter up to 3 athletes. We will have a list of alternates. Starting heights will be determined after the fields have been seeded.

Questions about registering on Athletic.net?

Please contact Ted Thompson: ted@ravenstrack.org

AWARDS:

Track Events will medal 1st to 4th place (1st to 5th in the 1500m). Awards will be given at the finish line.

Field Events will medal 1st to 5th place and awards will be given at the event area.

Team Awards: 1st and 2nd for each division.