

2010 MUSTANG/MOVIN' SHOES TRACK & FIELD RELAYS
SATURDAY, APRIL 24TH-OTAY RANCH HIGH SCHOOL

COACHES:

THANK YOU FOR YOUR ENTRY IN THE 2010 MUSTANG RELAYS. PLEASE READ THE INFORMATION IN THIS FLYER AND THE OTHER ATTACHMENTS. WE ARE HAPPY TO HAVE YOU IN OUR MEET AND BELIEVE THAT YOU AND YOUR ATHLETES WILL FIND IT TO BE AN ENJOYABLE EXPERIENCE.

BLUE DIVISION

BONITA VISTA

CALEXICO

EASTLAKE

MONTE VISTA

MOUNT MIGUEL

OTAY RANCH

POWAY

SAN DIEGO

SERRA

STEELE CANYON

SILVER DIVISION

CENTRAL UNION

CLAIREMONT

HILLTOP

IMPERIAL

LA JOLLA

MAR VISTA

OLYMPIAN

OUR LADY OF PEACE(GIRLS)

POINT LOMA

SAINT AUGUSTINE (BOYS)

SOUTHWEST (SAN DIEGO)

SWEETWATER

DIRECTIONS: TAKE INTERSTATE 805 SOUTH THROUGH CHULA VISTA TO THE ORANGE/OLYMPIC PARKWAY OFFRAMP & TURN LEFT AT THE END OF THE OFFRAMP. THE SCHOOL IS ~2 3/4 MILES FROM THE FREEWAY. TURN RIGHT INTO THE FIRST DRIVEWAY BY THE STADIUM AND BUSES WILL PARK IN THE LONG DRIVEWAY TO THE LEFT. SPECTATORS WILL NEED TO DRIVE PAST THIS ENTRANCE AND THEN TAKE THE NEXT RIGHT DRIVE TO THE STOP SIGN AND TAKE ANOTHER RIGHT TO THE BACK PARKING LOT.

SPIKES: THE SPIKES ALLOWED ON THE TRACK ARE 3/16' OR SHORTER NEEDLE SPIKES. WE WILL CHECK THEM AT THE GATE AND SPOT CHECK FOR RACES. OTHER SPIKES WILL RESULT IN DISQUALIFICATION. WE WILL HAVE SPIKES FOR SALE (\$3.00 FOR 14 SPIKES) AT THE GATE.

CANOPIES: THESE ARE ONLY ALLOWED NEXT TO THE TOP RAIL OF THE STADIUM SEATING AND MUST BE TIED DOWN TO THE RAIL AND OTHER HEAVY OBJECTS SO THAT WIND GUSTS WILL NOT FLIP OR MOVE THEM.

TIME SCHEDULE: THE TIME SCHEDULE IS TENTATIVE AND WE MAY GET AS MUCH AS 15 MINUTES AHEAD OF SCHEDULE. THEREFORE, PLEASE HAVE ATHLETES PAY ATTENTION TO THE RACES ON THE TRACK AND CHECK FIELD EVENT VENUES BEFORE THEIR SCHEDULED TIME.

CHECK-IN: FIELD EVENTS WILL CHECK IN AT THE EVENT AREA BEFORE THE LISTED STARTING TIME FOR YOUR DIVISION'S EVENT. RUNNING EVENTS SHOULD CHECK IN AT LEAST TWO RACES BEFORE THEIR EVENT. **HIP #'S MUST BE WORN ON THE SIDE OF THE RIGHT HIP SO THAT IT MAY BE VIEWED BY THE FINISHLYNX CAMERA(LONGER SINGLET'S NEED TO STAY TUCKED IN SO AS NOT TO COVER THE HIP #).** IN RELAYS, THE LAST PERSON(ANCHOR LEG) WILL NEED TO WEAR THE HIP #. ALL RUNNERS ARE RESPONSIBLE FOR GETTING TO THE STAGING AREA NEXT TO THE FINISH & THEN TO THE START ON TIME. **WE WILL NOT DELAY RACES FOR PEOPLE NOT THERE OR FIXING ITEMS SUCH AS SHOES, JEWELRY, AND/OR UNIFORMS. WE WILL ATTEMPT TO WARN ATHLETES OF UNIFORM VIOLATIONS, BUT ULTIMATELY IT IS THE JOB OF THE ATHLETE & COACH.**

NEXT PAGE PLEASE

MUSTANG RELAYS INFORMATION CONTINUED

MISCELLANEOUS: CONCESSIONS WILL BE AVAILABLE BEHIND THE PRESS BOX. A LIMITED SUPPLY OF INVITATIONAL T-SHIRTS WILL BE AVAILABLE FOR \$10. **ADMISSION: \$5 FOR ADULTS & \$3 FOR STUDENTS WITH A SCHOOL ID. TEAM MEMBERS MUST BE WEARING A COMPLETE UNIFORM TO GAIN FREE ADMITTANCE; YOU WILL BE ALLOWED TWO MANAGERS FOR FREE.**

ENTRIES: YOUR TEAM GETS ONE ENTRY IN EACH RELAY, AND THE 300 & 300 IH RACES, **EXCEPT FOR THE UNDERLINED TEAMS** (EXPLAINED BELOW). YOU GET 2 RUNNERS IN EACH 1500 RACE FOR YOUR DIVISION AND 3 ATHLETES IN EACH FIELD EVENT.

RULES OF COMPETITION: ALL NATIONAL FEDERATION AND C.I.F. RULES WILL BE FOLLOWED. NO COACHES ARE ALLOWED ON THE STADIUM INFIELD—THIS WILL RESULT IN DISQUALIFICATION FOR YOUR ATHLETE(S).

SCORING: RELAYS—1ST—10, 2ND—8, 3RD—6, 4TH—4, 5TH—2, AND 6TH—1

INDIVIDUAL EVENTS—1ST—6, 2ND—4, 3RD—3, 4TH—2, AND 5TH—1

MEDALS/AWARDS: IN RELAY EVENTS (**ALL FIELD EVENTS ARE RELAYS**), THE TOP 3 TEAMS IN EACH DIVISION WILL RECEIVE MEDALS WHILE IN THE INDIVIDUAL **TRACK EVENTS** THE TOP 5 IN EACH DIVISION WILL RECEIVE MEDALS. THE TOP THREE TEAMS IN EACH DIVISION BASED ON TOTAL SCORES WILL RECEIVE TROPHIES.

THANK YOU AGAIN FOR ENTERING THIS YEARS MUSTANG/PHAIR COMPANY RELAYS. WE ARE LOOKING FORWARD TO SEEING YOU AND YOUR TEAM ON SATURDAY, APRIL 24TH.

BEST WISHES,

IAN CUMMING
HOME—(619) 422-5416
SCHOOL—(619) 591-5000
ian.cumming@suhdsd.k12.ca.us

**ALL SCHOOLS AND ESPECIALLY
MAR VISTA, MONTE VISTA AND OLYMPIAN PLEASE READ THE
INFORMATION BELOW—IT IS VERY IMPORTANT)**

THOSE SCHOOLS, WHOSE SCHOOL NAMES ARE UNDERLINED ABOVE, ARE GUARANTEED FULL ENTRIES IN ALL OF THE FIELD EVENTS AND IN ALL OF THE UNDERLINED RACES BELOW. IN THE RACES REQUIRING USE OF A SPECIFIC LANE, THEY WILL GET IN ON A SPACE AVAILABLE BASIS. THEREFORE, IF OTHER COACHES KNOW THEY ARE NOT RUNNING A PARTICULAR RACE, PLEASE NOTIFY OUR CLERK ASAP ON THE DAY OF THE MEET. YOU MAY GIVE US A LIST AT THE BEGINNING OF THE MEET DAY AS TO RACES YOUR TEAM IS SCRATCHING. THIS WILL BE APPRECIATED. THERE IS A NON-SCORING 4 X 100 RELAY TO INSURE THESE TEAMS WILL BE ABLE TO RUN A 4 X 100 RELAY. IF ANY OTHER TEAMS WANT TO RUN AN EXTRA NON-SCORING 4 X 100, PLEASE CHECK WITH THE CLERK ON RACE DAY FOR SPACE AVAILABLE. ANY OTHER EXTRA RELAYS MUST BE OKAYED BEFORE MEET DAY AND ARE NON-SCORING!

TIME SCHEDULE IS ON THE NEXT TWO PAGES

2010 MUSTANG/PHAIR COMPANY TRACK & FIELD RELAYS

OTAY RANCH HIGH SCHOOL

| | <u>TIME</u> | <u>DIVISION</u> | <u>RUNNING EVENTS</u> |
|------|--------------------|---------------------------|--|
| 1) | 9:30 AM | <u>BOYS SILVER</u> | <u>4 X 110 METER SHUTTLE HURDLES</u> |
| 2) | 9:40 AM | <u>BOYS BLUE</u> | <u>4 X 110 METER SHUTTLE HURDLES</u> |
| 3) | 9:55 AM | <u>GIRL SILVER</u> | <u>4 X 100 METER SHUTTLE HURDLES</u> |
| 4) | 10:05AM | <u>GIRLS BLUE</u> | <u>4 X 100 METER SHUTTLE HURDLES</u> |
| 5) | 10:15AM | <u>ALL GIRLS</u> | <u>NON-SCORING 1500 METERS(2 FROM EACH SCHOOL)</u> |
| 6) | 10:25AM | <u>ALL BOYS</u> | <u>NON-SCORING 1500 METERS(2 FROM EACH SCHOOL)</u> |
| 7) | 10:35AM | GIRLSSILVER | 4 X 100 METER RELAY |
| 8) | 10:40AM | GIRLS BLUE | 4 X 100 METER RELAY |
| 9) | 10:45AM | BOYS SILVER | 4 X 100 METER RELAY |
| 10) | 10:50AM | BOYS BLUE | 4 X 100 METER RELAY |
| 10B) | 10:55AM | GIRLS&BOYS | <u>NON-SCORING 4 X 100 RELAY</u> |
| 11) | 11:00AM | GIRLSSILVER | <u>1500 METERS</u> |
| 12) | 11:08AM | GIRLS BLUE | <u>1500 METERS</u> |
| 13) | 11:16AM | BOYS SILVER | <u>1500 METERS</u> |
| 14) | 11:24AM | BOYS BLUE | <u>1500 METERS</u> |
| 15) | 11:35AM | GIRLSSILVER | SPRINT MEDLEY RELAY (200, 100, 100, 400) |
| 16) | 11:40AM | GIRLS BLUE | SPRINT MEDLEY RELAY (200, 100, 100, 400) |
| 17) | 11:50AM | BOYS SILVER | SPRINT MEDLEY RELAY (200, 100, 100, 400) |
| 18) | 11:55AM | BOYS BLUE | SPRINT MEDLEY RELAY (200, 100, 100, 400) |
| 19) | NOON | ALL GIRLS | <u>4 X 800 METER RELAY</u> |
| 20) | 12:15PM | ALL BOYS | <u>4 X 800 METER RELAY</u> |
| 21) | 12:30PM | GIRLSSILVER | 300 METER LOW HURDLES |
| 22) | 12:35PM | GIRLS BLUE | 300 METER LOW HURDLES |
| 23) | 12:45PM | BOYS SILVER | 300 METER INTERMEDIATE HURDLES |
| 24) | 12:50PM | BOYS BLUE | 300 METER INTERMEDIATE HURDLES |
| 25) | 12:55PM | GIRLSSILVER | 300 METERS |
| 26) | 1:00 PM | GIRLS BLUE | 300 METERS |
| 27) | 1:05 PM | BOYS SILVER | 300 METERS |
| 28) | 1:10 PM | BOYS BLUE | 300 METERS |
| 29) | 1:15 PM | GIRLSSILVER | GIRLS 4 X 200 METERS RELAY |
| 30) | 1:20 PM | GIRLS BLUE | GIRLS 4 X 200 METERS RELAY |
| 31) | 1:25 PM | BOYS SILVER | BOYS 4 X 200 METERS RELAY |
| 32) | 1:30 PM | BOYS BLUE | BOYS 4 X 200 METERS RELAY |
| 33) | 1:40 PM | ALL GIRLS | <u>DISTANCE MEDLEY RELAY (1200, 400, 800, 1600)</u> |
| 34) | 2:00 PM | ALL BOYS | <u>DISTANCE MEDLEY RELAY (1200, 400, 800, 1600)</u> |
| 35) | 2:15 PM | GIRLSSILVER | 4 X 400 METERS RELAY |
| 36) | 2:21 PM | GIRLS BLUE | 4 X 400 METERS RELAY |
| 37) | 2:26 PM | COED SILVER | THROWERS 4 X 100 RELAY(2 BOYS & 2 GIRLS) ** |
| 38) | 2:30 PM | COED BLUE | THROWERS 4 X 100 RELAY(2 BOYS & 2 GIRLS) ** |
| 39) | 2:35 PM | BOYS SILVER | 4 X 400 METERS RELAY |
| 40) | 2:40 PM | BOYS BLUE | 4 X 400 METERS RELAY |

RELAYS: ONE 4 PERSON TEAM PER SCHOOL IN YOUR DIVISION

**** THROWERS RELAY--MUST COMPETE IN SHOT &/OR DISCUS TODAY
 1500 METERS: 2 ENTRIES PER SCHOOL
 300 FLAT & 300 HURDLES: 1 ENTRY PER SCHOOL IN EACH EVENT**

2010 MUSTANG/PHAIR COMPANY TRACK & FIELD RELAYS

| | <u>START</u> | | <u>OTAY RANCH HIGH SCHOOL</u> |
|----|--------------|-----------------|--|
| | <u>TIME</u> | <u>DIVISION</u> | <u>FIELD EVENTS</u> |
| A) | 8:30 AM | BOYS SILVER | DISCUS ON THE NORTH FIELD |
| B) | 8:30 AM | GIRLS BLUE | DISCUS ON WEST FIELD |
| C) | 8:30 AM | GIRLSSILVER | LONG JUMP ON EAST RUNWAY |
| D) | 8:30 AM | BOYS BLUE | LONG JUMP ON WEST RUNWAY |
| E) | 9:00 AM | BOYS BLUE | SHOT PUT ON NORTH RING |
| F) | 9:00 AM | ALL GIRLS | POLE VAULT (STARTING HEIGHT--6'6") |
| G) | 8:30 AM | BOYS SILVER | HIGH JUMP PIT (STARTING HEIGHT--5' 0") |
| H) | 10:10AM | GIRLS BLUE | HIGH JUMP PIT (STARTING HEIGHT--4' 2") |
| I) | 10:20AM | GIRLS BLUE | LONG JUMP ON EAST RUNWAY |
| J) | 10:20AM | BOYS SILVER | LONG JUMP ON WEST RUNWAY |
| K) | 10:30AM | GIRLSSILVER | DISCUS ON NORTH FIELD |
| L) | 11:00AM | BOYS SILVER | SHOT PUT ON NORTH RING |
| M) | 11:00AM | GIRLS BLUE | SHOT PUT ON SOUTH RING |
| N) | 11:30AM | ALL BOYS | POLE VAULT (STARTING HEIGHT--9' 0") |
| O) | 11:50AM | BOYS BLUE | HIGH JUMP PIT (STARTING HEIGHT--5' 0") |
| P) | 12:10PM | GIRLSSILVER | TRIPLE JUMP ON EAST RUNWAY |
| Q) | 12:10PM | BOYS BLUE | TRIPLE JUMP ON WEST RUNWAY |
| R) | 12:30PM | BOYS BLUE | DISCUS ON NORTH FIELD |
| S) | 1:00 PM | GIRLSSILVER | SHOT PUT ON NORTH RING |
| T) | 1:30 PM | GIRLSSILVER | HIGH JUMP PIT (STARTING HEIGHT--4' 2") |
| U) | 2:00 PM | GIRLS BLUE | TRIPLE JUMP ON EAST RUNWAY |
| V) | 2:00 PM | BOYS SILVER | TRIPLE JUMP ON WEST RUNWAY |

ALL FIELD EVENTS WILL BE SCORED AS RELAYS USING THE BEST ATTEMPT OF EACH OF THE THREE TEAMMATES COMBINED FOR AN AGGREGATE TOTAL.

IN THE HORIZONTALLY MEASURED EVENTS, EACH COMPETITOR WILL RECEIVE 3 ATTEMPTS.

LONG AND TRIPLE JUMPS ARE OPEN PITS WITH 20 MINUTES ALLOTTED FOR WARMUPS/RUNTHROUGHS & 90 MINUTES FOR EACH DIVISION TO COMPLETE THEIR JUMPS--WHEN THE TIME RUNS OUT THERE WILL BE NO MORE JUMPS

HIGH JUMP & POLE VAULT WILL BE CONDUCTED AS FIVE ALIVE IN THE EARLY STAGES. IF YOU MUST LEAVE TO COMPETE IN ANOTHER EVENT, ASK THE OFFICIAL TO LET YOU TAKE YOUR ATTEMPT(S) BEFORE LEAVING BECAUSE THE BAR WILL CONTINUE TO RISE IF YOU ARE GONE. ONCE THERE ARE 3 OR LESS COMPETITORS, WE WILL HOLD THE BAR ONE TIME FOR EACH COMPETITOR FOR A MAXIMUM OF 10 MINUTES.

SHOT PUT/DISCUS WILL BE CONDUCTED IN FLIGHTS