

CA INDOOR STATE MEET QUALIFIER & ALL COMERS



MT CARMEL HIGH SCHOOL

9550 CARMEL MT. RD, SAN DIEGO, 92129

ON MT. CARMEL'S HIGH SCHOOL'S ALL WEATHER TRACK

3/16" NEEDLE SPIKES OR LESS ARE REQUIRED

(MUST BE HIGH SCHOOL ATHLETE TO QUALIFY FOR INDOOR MEET)

DATE: Saturday, February 1, 2014

COST: \$10.00 unlimited entry for athletes (\$5 for spectators, Children 4 & under free)

SCHEDULE OF EVENTS

TIME SCHEDULE IS ROLLING BASED ON THE NUMBER OF ATHLETES
IN EACH EVENT AND WILL PROGRESS AHEAD OF SCHEDULE IF POSSIBLE

California State Indoor qualifying heats will be run 1st, with open heats to follow in each event.

Running Events Start at Noon – Females Race First, Males Race Second

4x200 Relay

800m

55m High Hurdles

55m Prelims

1600m

550m

300 or 200 (TBA)

4x800 Relay

55m High Hurdles Final

55m Final

3200m

4 x 400m

SEE WAIVER ON THE LAST PAGE OF THIS DOCUMENT... MUST HAVE TO COMPETE

Field Events Start at Noon

Long Jump – Combined Pit

High Jump – Ladies First. Males Second

Shot – Combined Pit

Pole Vault – Ladies First. Males Second

Triple Jump – To Follow Long Jump with Same Format

Discus - To Follow Shot with Same Format

SEE WAIVER ON THE LAST PAGE OF THIS DOCUMENT... MUST HAVE TO COMPETE

REGISTRATION: Meet registration will take place between 10 am to 11am. Events will start promptly at noon. For further information contact Meet Director Dennis McClanahan at mtcarmeltrack@yahoo.com

PARKING: Parking is available in the stadium parking lot.

WEATHER: MEET WILL RUN RAIN OR SHINE!

Qualifying into the CA Indoor State Meet

High School athletes finishing in the following places will automatically qualify for the CA Indoor State Meet

- top three (3) overall places in each individual running event
- top three (3) overall places in each relay event
- top two (2) overall places in each field event

At-Large Entries into the CA Indoor State Meet are also available to qualifying athletes. If an athlete meets the minimum qualifying standard for At-Large Entry (see chart below) that athlete will also be invited to compete in the CA Indoor State Meet

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
55m Dash	6.80	7.95
55m Hurdles	8.35	9.65
550m (*600y)	1:20	1:34.50
800m	2:00	2:24
1600m (*1Mile)	4:28	5:30
3200m (*2Mile)	9:46	11:30
4x200m Relay (*4x145)	1:34.50	1:47
4x400m Relay	3:33	4:18
4x800m Relay	8:22	9:55
Long Jump	21-2	16-6
Triple Jump	43-6	35-6
High Jump	6-3	5-2
Pole Vault	13-6	10-0
Shot Put	49-6	36-5
25/20 Wt	INVITE	INVITE

* denotes distance competed in at the California Indoor State Meet

Registering for the CA Indoor State Meet

All qualifying athletes wishing to compete in the CA Indoor State Meet must sign up on the day of the qualifying meet and pay the entry fee at that time.

- There will be a sign-up table at all qualifying meets
- The entry fee to compete is \$25 per athlete, for unlimited competition of qualified events
 - Entry fee includes an Indoor State Meet souvenir t-shirt, compliments of VS Athletics
- There will be NO Late Entries accepted
- All registrations must be done at the qualifying meets
- Athletes competing at more than 1 qualifying meet will have to pay a separate \$25 registration fee at each qualifying meet

Events Contested at the CA Indoor State Meet

Running Events:

55m Dash
55m Hurdles
600y
800m
1 Mile
2 Mile
4x145m Relay
4x400m Relay
4x800m Relay

Field Events:

Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put
Weight Throw (*Invitation Only*)

Awards at the CA Indoor State Meet

The top six (6) overall places, will be honored with custom CA Indoor State Meet Medals

Meet Management & Contact Information

Qualifying Meets

click on the Meet Info of each meet for meet director's contact information

CA Indoor State Meet

Rich Benoy – Meet Director

Chris Drescher – Assistant Meet Director

chris@vsathletics.com

Final CA Indoor State Meet Information & Instructions

Final meet information and instructions will be posted soon. Be sure to check out

www.VSAthletics.com

www.PrepcalTrack.com

for more information as it becomes available.

Mt. Carmel All-Comers & Indoor Qualifier

WAIVER OF LIABILITY

THIS IS AN IMPORTANT LEGAL DOCUMENT. READ CAREFULLY BEFORE SIGNING.

In consideration of acceptance of my entry into the Mt. Carmel All Comers, I, for myself, my heirs, my executors, my administrators, my trustees, and any and all successors in interest, fully and forever waive and release any and all rights and claims for any injuries and damages, including but not limited to demands or actions for negligence, premises liability, emotional injury, intentional conduct, resulting in unintended injury or damage tort claims, any other actions or demands of whatsoever nature, to the fullest extent permitted by law, I may have against (1) Mt. Carmel All Comers; (2) Mt. Carmel High (3) Poway Unified School District , and (4) all sponsors of the Mt. Carmel All Comers and (5) all employees, principals, directors, members, managers, affiliates, volunteers, officials, and representatives acting for or on behalf of any of these entities.

I acknowledge that I am aware of the inherent risks involved in the event, and I voluntarily assume these risks. I attest and verify that I am physically fit and I have sufficiently trained for the competition in the Mt. Carmel All Comers, and that a medical doctor has verified my physical condition.

As a condition of my participation in this Event, I hereby grant Mt. Carmel All Comers a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, or the sport of Athletics. The foregoing grant, however, does not constitute consent to use my Likeness in an endorsement of any product or service without my specific written consent.

The Mt. Carmel All Comers reserves the right to reject my entry and further reserves the right to change the details of the event without prior notice. I understand that my entry fee is non-refundable.

EMERGENCY CONTACT: Name and telephone number

I am at least 18-years of age, in good physical condition and have read and understood the above.

X _____
Signature Date

I am under 18 years of age. My parent or legal guardian has read and understood the above and is signing below. He/She consents to my participation in the event under the terms hereof.

X _____
Signature of Parent or Guardian Date