

2013 Elite Classic

- Date:** Saturday, March 31st
- Site:** Mt. Miguel High School
- Awards:** First 3 places for all events.
Plaques awarded to the regional champions
- Awards:** In order to avoid the “All-Star” Team rule we will be scoring all of the teams individually throughout the meet, but will add the scores of the 2 teams from each region to come up with the region total and the meet winners.
- Events:** All traditional C.I.F. events will be contested, in standard dual meet format

Long and Triple jump events and throwing events will be run “open pits.” Athletes will need to get their jumps and throws in the allotted time. It will be a 2 hour time limit with athletes getting 4 attempts in each event.

HJ & PV will be run continuously with opening heights at 4’0” for girls HJ and 5’0” for boys with 2” increments. PV will be 6’6” for girls and 8’6” for boys.
- Qualifiers:** Lane Races – 2 entries in each event from each school
4 x100 & 4 x 400 Relays – Each school gets 1 entry per relay
Non-lane races- 3 entries from each school
Field Events – 3 entries from each school
- Facilities:** 9 Lane all-weather track and runways.
Finish Lynx Electronic timing systems will be used for all track races.
- Spikes:** ***No spikes over 3/16th will be allowed on the track or the runways***
- Entry Deadline:** All entries will again be done on athletic.net. All entries must be submitted by **Sunday, March 24th**
- Entry Fees:** **\$250 total for both boys and girls teams**
Due before competing
School Checks, Personal Checks, Cash accepted.
**** Make Checks out to Mt. Miguel Track and Field****
- Phone: (619)746.3898
E-mail: Coach: Leaman.brunton,