

**2014 DICK WILKINS FROSH-SOPH
“MEET OF CHAMPIONS”**

- Date:** Saturday May 3rd
- Site:** Del Norte High School
16601 Nighthawk Lane
San Diego, Ca 92127
- Awards:** Day “Open Section”: Top 3 in Individual and Relay Events
Evening “Invite Section”: Top 6 in individual/field events and relays
- Plaques awarded to team champions and athletes of the meet in each division.
- Events:** All traditional C.I.F. events will be contested.
- Jumping events will be run “open pits.” Athletes will need to get their jumps in the allotted time.
- Qualifiers:** Straightaway races – Top 9 verified marks
Lane Turn Races – Top 9 verified marks
Non-lane races- Top 10 to 20 verified marks.
False marks will be systematically removed from consideration
- Facilities:** Del Norte High School has a nine lane all-weather surface. Runways are all-weather.
- Spikes:** ***No spikes over 3/16th will be allowed on the track or the runways*** Spikes will be available for sale at the concession stand for \$2.00 per set.
- Qualifiers:** A complete list of those who qualified for each event will be posted no later than Sunday, April 27th at <http://www.nighthawkstrack.com> for review by athletes and coaches. Any corrections for spelling, times, distances will be accepted until the scratch deadline of Tuesday, April 29th. Scratches after that deadline will result in the school still being held responsible for the entry fee.
- Entry Deadline: Friday, April 25th at 11:00pm PST. Entries will be submitted through athletic.net.**
- Entry Fees: \$8.00 per accepted individual, \$16.00 per relay(alternates no fee).
Due when you pick up meet packets
School Checks, Personal Checks, Cash accepted.
A Cap of \$400.00(new this year) per team will implemented.**
- Phone: (619)339-7502
E-mail: nighthawkstrack@gmail.com

2014 Dick Wilkins Frosh-Soph **MEET INFORMATION**

-Finish Lynx Electronic timing systems will be used for all track races.

-Any scratching of athletes must be made no later than Tuesday, April 29th at 12:00 pm.
Scratches must be emailed to: nighthawkstrack@gmail.com

-Medals will be handed out on the infield directly following the race for track races. Field event medals will be handed out by the event officials directly after the event is ruled as completed.

-Any athlete that fails to reach the check-in area by the third call will be scratched and replaced by the first alternate. Relays may check-in without all 4 member of the team. However, if all 4 members are not present at the time the teams are led to the starting line, the team will be scratched and replaced by an alternate team.

This year's meet will run like the State Championship meet and institute the "honest effort" rule.

Honest Effort Rule:

Competitors who have qualified for and been entered into more than one event, must honestly participate in the event for which the athlete is declared or the athlete will be barred from further competition in the meet.

Note 1: It is understood that passing on attempts in vertical jumping events is a strategy in those events and is not considered a question of honest effort.

Note 2: Athletes may appeal a disqualification on the grounds of "Hardship" to the Referee/Games Committee/Jury of Appeals.

It is perfectly acceptable to enter your athletes in all the events they may get into without knowing which ones they will qualify in. However, if the athlete qualifies in multiple events that he/she does not intend to participate in, the scratches must be made by the coach on or before the above stated deadline! If the scratch is not made by the deadline, that athlete must compete in ALL of the events he/she has qualified or be barred from further competition in the meet.

2014 Dick Wilkins Frosh-Soph Invitational - 5/3/2014**"Meet of Future Champions"****Del Norte High School****Session Report**

Session: 3 Field Events

Day 1 - Saturday 5/3/2014 - Starts at 10:00 AM

	Event	Round
12:00 PM	#79 Girls Long Jump Freshman Invite	Finals
12:00 PM	#80 Boys Long Jump Freshman Invite	Finals
10:00 AM	#81 Girls Pole Vault Freshman Invite	Finals
12:30 PM	#82 Boys Pole Vault Freshman Invite	Finals
12:00 PM	#83 Girls High Jump Sophomore Invite	Finals
2:00 PM	#84 Boys High Jump Sophomore Invite	Finals
2:00 PM	#85 Boys Discus Throw Freshman Invite	Finals
4:00 PM	#86 Boys Discus Throw Sophomore Invite	Finals
3:30 PM	#87 Girls Shot Put Freshman Invite	Finals
3:30 PM	#88 Girls Shot Put Sophomore Invite	Finals
1:45 PM	#89 Girls Long Jump Sophomore Invite	Finals
1:45 PM	#90 Boys Long Jump Sophomore Invite	Finals
3:30 PM	#91 Girls Triple Jump Freshman Invite	Finals
3:30 PM	#92 Boys Triple Jump Freshman Invite	Finals
4:00 PM	#93 Girls High Jump Freshman Invite	Finals
6:00 PM	#94 Boys High Jump Freshman Invite	Finals
10:00 AM	#95 Girls Discus Throw Freshman Invite	Finals
12:00 PM	#96 Girls Discus Throw Sophomore Invite	Finals
11:00 AM	#97 Boys Shot Put Freshman Invite	Finals
11:00 AM	#98 Boys Shot Put Sophomore Invite	Finals
3:00 PM	#99 Girls Pole Vault Sophomore Invite	Finals
5:30 PM	#100 Boys Pole Vault Sophomore Invite	Finals
5:15 PM	#101 Girls Triple Jump Sophomore Invite	Finals
5:15 PM	#102 Boys Triple Jump Sophomore Invite	Finals

2014 Dick Wilkins Frosh-Soph Invitational - 5/3/2014

"Meet of Future Champions"

Del Norte High School

Session Report

Session: 1 "Open Day" Section

Day 1 - Saturday 5/3/2014 - Starts at 11:30 AM

	Event	Round
11:30 AM	#1 Girls 4x100 Meter Relay Freshman Seeded	Finals
11:35 AM	#2 Boys 4x100 Meter Relay Freshman Seeded	Finals
11:40 AM	#3 Girls 4x100 Meter Relay Sophomore Seeded	Finals
11:45 AM	#4 Boys 4x100 Meter Relay Sophomore Seeded	Finals
11:54 AM	#5 Girls 1600 Meter Run Freshman Seeded	Finals
12:02 PM	#6 Boys 1600 Meter Run Freshman Seeded	Finals
12:10 PM	#7 Girls 1600 Meter Run Sophomore Seeded	Finals
12:18 PM	#8 Boys 1600 Meter Run Sophomore Seeded	Finals
12:26 PM	#9 Girls 100 Meter Hurdles Freshman Seeded	Finals
12:31 PM	#10 Girls 100 Meter Hurdles Sophomore Seeded	Finals
12:36 PM	#11 Boys 110 Meter Hurdles Freshman Seeded	Finals
12:41 PM	#12 Boys 110 Meter Hurdles Sophomore Seeded	Finals
12:49 PM	#13 Girls 400 Meter Run Freshman Seeded	Finals
12:52 PM	#14 Boys 400 Meter Run Freshman Seeded	Finals
12:55 PM	#15 Girls 400 Meter Run Sophomore Seeded	Finals
12:58 PM	#16 Boys 400 Meter Run Sophomore Seeded	Finals
1:08 PM	#17 Girls 100 Meter Dash Freshman Seeded	Finals
1:12 PM	#18 Boys 100 Meter Dash Freshman Seeded	Finals
1:16 PM	#19 Girls 100 Meter Dash Sophomore Seeded	Finals
1:20 PM	#20 Boys 100 Meter Dash Sophomore Seeded	Finals
1:23 PM	#21 Girls 800 Meter Run Freshman Seeded	Finals
1:29 PM	#22 Boys 800 Meter Run Freshman Seeded	Finals
1:37 PM	#23 Girls 800 Meter Run Sophomore Seeded	Finals
1:43 PM	#24 Boys 800 Meter Run Sophomore Seeded	Finals
1:51 PM	#25 Girls 300 Meter Hurdles Freshman Seeded	Finals
1:55 PM	#26 Boys 300 Meter Hurdles Freshman Seeded	Finals
2:00 PM	#27 Girls 300 Meter Hurdles Sophomore Seeded	Finals
2:07 PM	#28 Boys 300 Meter Hurdles Sophomore Seeded	Finals
2:15 PM	#29 Girls 200 Meter Dash Freshman Seeded	Finals
2:19 PM	#30 Boys 200 Meter Dash Freshman Seeded	Finals
2:23 PM	#31 Girls 200 Meter Dash Sophomore Seeded	Finals
2:27 PM	#32 Boys 200 Meter Dash Sophomore Seeded	Finals
2:37 PM	#33 Girls Distance Medley Frosh-Soph	Finals
2:53 PM	#34 Boys Distance Medley Frosh-Soph	Finals
3:11 PM	#35 Girls 4x400 Meter Relay Freshman Seeded	Finals
3:17 PM	#36 Boys 4x400 Meter Relay Freshman Seeded	Finals
3:23 PM	#37 Girls 4x400 Meter Relay Sophomore Seeded	Finals
3:28 PM	#38 Boys 4x400 Meter Relay Sophomore Seeded	Finals

2014 Dick Wilkins Frosh-Soph Invitational - 5/3/2014**"Meet of Future Champions"****Del Norte High School****Session Report**

Session: 2 Evening "Invite" Section

Day 1 - Saturday 5/3/2014 - Starts at 04:00 PM

	Event	Round
4:00 PM	#39 Girls 4x100 Meter Relay Freshman Invite	Finals
4:05 PM	#40 Boys 4x100 Meter Relay Freshman Invite	Finals
4:10 PM	#41 Girls 4x100 Meter Relay Sophomore Invite	Finals
4:15 PM	#42 Boys 4x100 Meter Relay Sophomore Invite	Finals
4:20 PM	#43 Girls 1600 Meter Run Freshman Invite	Finals
4:28 PM	#44 Boys 1600 Meter Run Freshman Invite	Finals
4:36 PM	#45 Girls 1600 Meter Run Sophomore Invite	Finals
4:44 PM	#46 Boys 1600 Meter Run Sophomore Invite	Finals
4:56 PM	#47 Girls 100 Meter Hurdles Freshman Invite	Finals
5:01 PM	#48 Girls 100 Meter Hurdles Sophomore Invite	Finals
5:11 PM	#49 Boys 110 Meter Hurdles Freshman Invite	Finals
5:16 PM	#50 Boys 110 Meter Hurdles Sophomore Invite	Finals
5:23 PM	#51 Girls 400 Meter Dash Freshman Invite	Finals
5:28 PM	#52 Boys 400 Meter Dash Freshman Invite	Finals
5:33 PM	#53 Girls 400 Meter Dash Sophomore Invite	Finals
5:38 PM	#54 Boys 400 Meter Dash Sophomore Invite	Finals
5:44 PM	#55 Girls 100 Meter Dash Freshman Invite	Finals
5:49 PM	#56 Boys 100 Meter Dash Freshman Invite	Finals
5:54 PM	#57 Girls 100 Meter Dash Sophomore Invite	Finals
5:59 PM	#58 Boys 100 Meter Dash Sophomore Invite	Finals
6:05 PM	#59 Girls 800 Meter Run Freshman Invite	Finals
6:11 PM	#60 Boys 800 Meter Run Freshman Invite	Finals
6:17 PM	#61 Girls 800 Meter Run Sophomore Invite	Finals
6:23 PM	#62 Boys 800 Meter Run Sophomore Invite	Finals
6:30 PM	#63 Girls 300 Meter Hurdles Freshman Invite	Finals
6:36 PM	#64 Boys 300 Meter Hurdles Freshman Invite	Finals
6:42 PM	#65 Girls 300 Meter Hurdles Sophomore Invite	Finals
6:48 PM	#66 Boys 300 Meter Hurdles Sophomore Invite	Finals
6:53 PM	#67 Girls 3200 Meter Run Freshman Invite	Finals
7:09 PM	#68 Girls 3200 Meter Run Sophomore Invite	Finals
7:28 PM	#69 Girls 200 Meter Dash Freshman Invite	Finals
7:33 PM	#70 Boys 200 Meter Dash Freshman Invite	Finals
7:38 PM	#71 Girls 200 Meter Dash Sophomore Invite	Finals
7:43 PM	#72 Boys 200 Meter Dash Sophomore Invite	Finals
7:49 PM	#73 Boys 3200 Meter Run Freshman Invite	Finals
8:05 PM	#74 Boys 3200 Meter Run Sophomore Invite	Finals
8:20 PM	#75 Girls 4x400 Meter Relay Freshman Invite	Finals
8:27 PM	#76 Boys 4x400 Meter Relay Freshman Invite	Finals
8:34 PM	#77 Girls 4x400 Meter Relay Sophomore Invite	Finals
8:40 PM	#78 Boys 4x400 Meter Relay Sophomore Invite	Finals