

# *Calvin Christian*

## *Small Schools Invitational 2015*

Dear Coach/AD:

It is my pleasure to invite you to the seventh annual Small Schools Invitational hosted by Calvin Christian High School. This year we will hold the meet again **at Escondido High School** on their beautiful all weather tartan track and new stadium! The meet will be held on **Saturday, March 28, 2015**. The field events will start at 10:00, and running events at 10:00, with a coaches meeting at 9:20 AM. The meet will be finished at around 5:00 PM.

There are a couple of unique and exciting elements of the meet for your athletes. The meet is for small schools only, with enrollments of 1000 and less, making the competitive field better for your small school athletes. We will also be holding a Frosh/Soph division in ALL events, so your younger athletes can compete against their age group and earn medals in a competition more suited for them. We will award custom medals to the top 4 place finishers for both boys and girls in the Varsity and Frosh/Soph divisions for all individual events, and for the winner in relays for each division.

The entry fees are suitable for your small schools at \$15 per athlete to a maximum of \$150 per gender team. If you bring both girls and boys teams with more than 10 athletes each gender your total entry fee is only \$300 (for Varsity and Frosh/Soph). There will also be trophies for track event and field event athletes of the meet for each of the 4 divisions.

I have included meet specifics in the flyer. Entries will be done online at Athletic.net. After entering your athletes, please mail a check to Calvin Christian School at the address below. If you have further questions please email or call the contacts listed in the meet information. If you will attend this year's meet please fill out the enclosed contract and mail it or fax it as soon as possible. If you are unsure of your entry numbers you can wait with the check until we get closer, but please mail in the contract as soon as possible so we know how many schools to expect. If you know you will have more than 20 total athletes, please mail your check immediately.

Todd Nash, Head Track & Field Coach  
Calvin Christian High School  
2000 North Broadway  
Escondido, CA 92026  
Coach Nash Cell: 760-458-9753

# Calvin Christian School

## Small Schools Invitational Track & Field Meet

- Date:** Saturday, March 28, 2015
- Time:** 10:00 a.m. start time for all events.
- Invited:** All schools with CBEDS enrollment of 1000 & under.
- Location:** Escondido High School Track/Stadium  
1535 N Broadway, Escondido, CA
- Directions:**  
**From San Diego:** I-15 North from San Diego, take Hwy 78 east, turn left on Broadway, 1 mile on the left.  
**From Riverside:** I-15 south, exit Center City Parkway, go straight, turn left at the 1<sup>st</sup> light on Country Club, right at the next light on Broadway, the school is on the right after ½ mile.  
**From OC/LA:** I-5 south to Hwy 78 east in Oceanside, after crossing I-15 turn left on Broadway at the first light, school 1 mile on the left.
- Packet Pick-up:** Enter in the center of the stadium on the south side of the track (Parking lot side), get your packet and pay your bill at the awards tent at center field.
- Meet Director:** Todd Nash, cell (760) 458-9753  
Email: CalAthletics@sbcglobal.net  
If you have any questions prior to the meet call or email Todd.  
If you have any issues at the meet, find Coach Nash on the field.
- Facility:** The track is a beautiful new nine lane tartan track, tartan runways for all jumps, brand new all weather infield and stadium.  
Up to 3/16" spikes are ok on the track and the jumping areas.  
Standard concrete circles for Shot Put with sector on the new infield (inside the track) and discus (outside stadium fence on North side).  
One pit each for PV, boys LJ/TJ, and girls LJ/TJ. Two HJ pits and two circles for DT and SP.  
Canopies maybe set up in the stadium at the top of the stadium only (either side is ok). No canopies on the infield. Teams should stay in the stadium and use the infield for warm ups only. There is stadium seating on both sides of the track. The finish line is on the west side.  
**FAT: Fully Automated Timing for all races!**
- Events:** All standard CIF events will be contested.
- Warm up Area:** Field behind stadium and in the infield.

**Entry Fees:** \$15.00 per athlete, max of \$150 per gender team (Including F/S and Varsity for one gender). Entry fees must be paid before the athlete competes with check made out to Calvin Christian School or cash. Please pay in advance, mail check to the school address below, attn: Darla Lusky. Write on memo line "Calvin Invitational". **Late entries \$20 per athlete.**

**Entries:** **Step 1:** Please fill in the contract at the end of this document and mail or Fax to (760) 489-7055.  
**Step 2:** Please submit all entries on Athletic.net between February 23 and March 25 at 5:00 PM.  
**Step 3:** Mail your check for your team entry to Darla Lusky at Calvin. If you are unable to mail it prior to Monday, March 24 bring it to the meet.

There will be **NO** day-of meet registration or changes. We have FAT for all races. All races will be timed finals except the 100 and 200 which will have finals. Please enter the best mark from the previous season or this season for seeding. Field events will run in flights with 3 attempts in the horizontal jumps and throws.

**Deadline:** Entries must be completed online on athletic.net no later than Wednesday, March 26, 5:00 PM. You need to learn to use athletic.net – it is possible for everyone! Don't ask for an exception – learn the system!

**Eligibility:** All entrants must be enrolled in CIF member schools.

**Age Divisions:** Frosh/Soph Varsity      Freshman & Sophomores Juniors, Seniors & and underclassman who wish to move up – must move up in ALL events.

**Event Limitations:** 4 events per athlete. Limit of 2 entries per event per division on the track and 3 in the field. We are imposing these limits per event limit this year because of significant no shows in previous years. Do not enter athletes who will not show! This causes significant delays to the meet AND gives us heats with empty lanes. With the Frosh-Soph and Varsity Div, this still gives you 4 athletes per gender per event on the track and 6 in the field! Everyone should be able to compete!

**Awards:** Beautiful custom medals for 1<sup>st</sup> – 4<sup>th</sup> in all individual events for all 4 divisions. Medals to the champions in relay events in each division. Awards will be given at the conclusion of each event at center field. Athlete of the meet trophies will be awarded to Field Event and Track Event athlete of the meet for all 4 divisions, chosen from coach nominations, awarded at the end of the meet. No team awards or team scores.

**Entry Forms:** Please fill out the attached contract and Email or mail back to Darla Lusky. Entries on Athletic.net ONLY.

**Check-in:** **Running Events:** Report to the clerk no later than the start of the event prior to your event. There will be no calls for running events. Events getting hip numbers will be written on the white boards at the hiping tent. Athletes not reporting will be scratched.

**Field Events:** Report directly to your event area when the event is called. HJ and PV will be run 3 alive. All other field events will be given 3 attempts in flights of 6-8. Flights of 6-8 will be made as athletes show up at the event. If they have conflicting events, they need to get field event attempts in EARLY – request being put into an early flight. This will eliminate delays while waiting for athletes, and athletes do not need to wait in line for an “open pit”.

**Protest:** Please discuss the matter with the meet director, Todd Nash.

**Meet Results:** Meet results will be posted on Athletic.net after the meet is complete. There will NOT be results posted at the meet! We are in the electronic age – we will use the internet for results!!

**Concessions:** A full concessions stand will be available at the track with excellent, reasonably priced food and drinks.

Calvin Christian School  
Small Schools Invitational Track and Field Meet  
March 28, 2015

SCHEDULE OF EVENTS

*Coaches Meeting 9:20 a.m at center field.*

Field Events

- 10:00 Long Jump F/S Girls (south pit)  
Long Jump F/S Boys (north pit)  
High Jump Varsity Girls (north pit)  
High Jump Varsity Boys (south pit)  
Shot Put Varsity Boys (west ring)  
Shot Put Varsity Girls (east ring)  
Discus F/S Girls (south ring)  
Discus F/S Boys (north ring)  
Pole Vault FS and Varsity Girls
- 11:30 Pole Vault FS Boys
- 11:30 Long Jump Varsity Girls (south pit)  
Long Jump Varsity Boys (north pit)  
High Jump F/S Girls (north pit)  
High Jump F/S Boys (south pit)  
Shot Put F/S Boys (west ring)  
Shot Put F/S Girls (east ring)  
Discus Varsity Girls (south ring)  
Discus Varsity Boys (north ring)
- 12:30 Pole Vault Varsity Boys
- 1:00 Triple Jump F/S Girls (south pit)  
Triple Jump F/S Boys (north pit)  
Pole Vault F/S and Varsity Girls
- 2:30 Triple Jump Varsity Girls (south pit)  
Triple Jump Varsity Boys (north pit)

All vertical jumps will run 3 alive. All other field events will run in flights of 6-8. Athletes will get 3 attempts in all throws and horizontal jumps.

All events will attempt to get AHEAD of schedule. Listen for calls and check frequently at the events. We will not delay the start of an event to hold to this schedule.

Track Events:

10:00 4 x 100 relay F/S Girls  
10:05 4 x 100 relay F/S Boys  
10:10 4 x 100 relay Varsity Girls  
10:15 4 x 100 relay Varsity Boys  
10:20 1600 F/S Girls  
10:30 1600 F/S Boys  
10:40 1600 Varsity Girls  
10:50 1600 Varsity Boys  
11:00 100 Hurdles F/S Girls  
11:05 100 Hurdles Varsity Girls  
11:10 110 Hurdles F/S Boys  
11:20 110 Hurdles Varsity Boys  
11:35 400 F/S Girls  
11:48 400 F/S Boys  
12:00 400 Varsity Girls  
12:13 400 Varsity Boys  
12:30 100 Prelim F/S Girls  
12:42 100 Prelim F/S Boys  
12:54 100 Prelim Varsity Girls  
1:06 100 Prelim Varsity Boys  
1:20 800 F/S Girls  
1:26 800 F/S Boys  
1:32 800 Varsity Girls  
1:38 800 Varsity Boys  
1:47 100 Final F/S Girls  
1:49 100 Final F/S Boys  
1:51 100 Final Varsity Girls  
1:53 100 Final Varsity Boys  
2:00 300 Hurdles F/S Girls  
2:06 300 Hurdles Varsity Girls  
2:15 300 Hurdles F/S Boys  
2:21 300 Hurdles Varsity Boys  
2:30 200 Prelim F/S Girls  
2:45 200 Prelim F/S Boys  
3:00 200 Prelim Varsity Girls  
3:15 200 Prelim Varsity Boys  
3:30 3200 F/S and Varsity Girls – run together, awarded separately  
3:50 3200 F/S and Varsity Boys – run together, awarded separately  
4:10 200 Final F/S Girls\*\*  
4:13 200 Final F/S Boys\*\*  
4:16 200 Final Varsity Girls\*\*  
4:19 200 Final Varsity Boys\*\*  
4:25 4 x 400 Relay F/S Girls  
4:32 4 x 400 Relay F/S Boys  
4:39 4 x 400 Relay Varsity Girls  
4:45 4 x 400 Relay Varsity Boys  
4:52 4 x 100 weight-man's relay (2 boys, 2 girls), carry girls discus (No awards)  
\*\*All events will be run IN ORDER, and we will get ahead of schedule if possible! Do not leave the track based on the published schedule, and come EARLY for your events!

Calvin Christian School  
Small Schools Invitational Track & Field Meet

**TEAM CONTRACT**

A check is not required to be mailed with this contract. We would like your contract as early as possible to help us plan for how many teams will attend. This contract is your commitment to attend the meet. Entries can be entered later, and fees may be paid later.

School Name: \_\_\_\_\_

School Address: \_\_\_\_\_

School Phone: \_\_\_\_\_

AD Name: \_\_\_\_\_ Email: \_\_\_\_\_

Track Coach Name: \_\_\_\_\_ Cell (required): \_\_\_\_\_

Track Coach Email (required): \_\_\_\_\_

Will you be bringing a boys team? \_\_\_\_\_ Yes \_\_\_\_\_ No

Estimated number of participants: Frosh/Soph Boys: \_\_\_\_\_ Varsity Boys: \_\_\_\_\_

Will you be bringing a girls team? \_\_\_\_\_ Yes \_\_\_\_\_ No

Estimated number of participants: Frosh/Soph Girls: \_\_\_\_\_ Varsity Girls: \_\_\_\_\_

Please fill out this form and fax or mail to Bill Stout at Calvin Christian High School as soon as possible. Checks should be made payable to Calvin Christian School ABC.

Calvin Christian High School  
2000 N Broadway  
Escondido, CA 92026  
Attn: Bill Stout, AD  
Ph: 760-489-0201  
Fax: (760) 489-7055

For meet specific questions:

Todd Nash, cell (760) 458-9753  
Email: CalAthletics@sbcglobal.net

Mike Wagenveld, cell (760) 917-5565  
Email: mswagenveld@hotmail.com