

CCS "TOP 8" TRACK & FIELD CLASSIC

SAN JOSE CITY COLLEGE

FRIDAY, APRIL 20, 2012

The 34th Annual "Top 8" Track and Field Classic will be held on Friday, April 20th at San Jose City College. The meet previews our top athletes from the central coast area prior to their league, section and state meets. The meet is not at Los Gatos this year.

ALL TIMES MUST BE ELECTRONIC to the thousands of a second (no hand times are excepted), and marks must be made this year, appear in the San Jose Mercury News "Top Mark List" on www.lynbrooksports.com website for the Varsity Boys and the Varsity Girls. The top 16 (2 heats), submitted times or marks in each event in Varsity Boys, Varsity Girls, and the F/S Boys will qualify. There will be no CCS F/S Track Classic this season. The F/S Boys will qualify only from the top entering times and marks from the current season. Coaches must be honest with the F/S times and marks.

ENTRY FEE: \$6.00 per event for individuals and \$16.00 per relay team.
All "ENTRIES" will be submitted to www.directathletics.com (see attached sheet)

Put your email address on entry form, in case, we have any questions concerning your entries. Entry Fees must be paid at the entrance gate.

ENTRY DEADLINE: All entries must be received by Direct Athletics on or before Sat. Midnight, April 14th. Make sure you enter your F/S Boys on Direct Athletics as well, for there will not be the F/S Classic this year to qualify the F/S. You have to enter them like you do the Varsity.

No updates after the entry deadline. All coaches can verify entries on Tuesday,

April 17, 2012 at www.lynbrooksports.com Entry Fees will also be posted at www.lynbrooksports.com **by Wednesday, April 18, 2012.**

MAKE CHECK PAYABLE TO: Los Gatos Athletic Association

Pay at the Gate or Send To: Attn: Willie Harmatz

Los Gatos Athletic Association/CCS Top 8

P. O. Box 1334

Los Gatos, CA 95031

GENERAL INFORMATION:

Scratch Meeting will be held at 3:00pm on meet day.

Award medals to 1-2-3 place finishers; plus athlete of meet medals.

Scoring will be 10-8-6-4-2-1 point system.

Admission: Adult \$5.00 Students \$2.00

Finish Lynx timing system on the finish line, all weather track and runways.

Lane assignments will be seeded by best times and marks.

Athletic Trainer will be available at the meet

T-Shirts (\$14) and Programs (\$2) For Sale; Concession stand will be open.

MEET DIRECTORS

Willie Harmatz (408) 206-9973 or (408) 354-7365 or by email: willieharmatz@aol.com

Mike Dudley (408) 509-7105 or by email: trackdudley@aol.com

*** Entries Must Be Received By Midnight, Sat., April 14, 2012 ***

**** Entering times must be electronic— NO HAND TIMES ACCEPTED**

CCS "Top 8" Track & Field Classic
34th Annual
San Jose City College
Friday April 20, 2012

ORDER OF EVENTS & TIME SCHEDULE

<u>Field Events</u>			<u>Track Events</u>		
1	3:00	Varsity Discus	19	4:15	4x100 Relay Girls
2	3:00	F/S Pole Vault	20	"	Varsity
3	3:30	F/S High Jump	21	"	F/S
4	3:30	F/S Shot Put	22	4:35	1600 Girls
5	3:45	Girls Triple Jump	23	"	Varsity
6	3:45	Varsity Long Jump	24	"	F/S
7	4:15	Girls Discus	25	5:15	100 LH Girls
8	4:30	Girls Pole Vault	26		110 HH Varsity
9	5:15	Girls High Jump	27		65 HH F/S
10	5:15	Varsity Shot Put	28	5:45	400 Girls
11	5:30	F/S Triple Jump	29	"	Varsity
12	5:30	Girls Long Jump	30	"	F/S
13	5:30	F/S Discus	31	6:05	100 Girls
14	6:15	Varsity Pole Vault	32	"	Varsity
15	7:00	Girls Shot Put	33	"	F/S
16	7:00	Varsity High Jump	34	6:35	800 Girls
17	7:15	Varsity Triple Jump	35	"	Varsity
18	7:15	F/S Long Jump	36	"	F/S
			37	7:05	300 IH Girls
		All athletes - 3 attempts, Top 8 athletes	38	"	Varsity
		Get 3 additional attempts in Shot Put,	39	"	F/S
		Discus, Long Jump and Triple Jump.	40	7:30	200 Girls
			41	"	Varsity
		Athletes must check in 30 minutes	42	"	F/S
		Prior to their event.	43	7:50	3200 Girls
			44	"	Varsity
			45	"	F/S
			46	8:40	4x400 Relay F/S
			47	"	Girls
			48	"	Varsity

CCS "Top 8" Track Classic

Minimum Entry Time/Marks Standards

Top times are seeded in the fast heat, which will be run first. These standards below are based on the lowest entering times/marks that qualified in the meet from the last 3 years. These are just guidelines to follow in entering your athletes, and does not mean your athletes made it. Final entries will be on www.lynbrooksports.com

	<u>Varsity Boys</u>	<u>Varsity Girls</u>	<u>F/S Boys</u>
100 Meters	11.40 (2 heats of 8)	13.00 (3 heats of 8)	11.99 (2 heats of 8)
200 Meters	23.10 (2 heats of 8)	27.00 (3 heats of 8)	24.80 (2 heats of 8)
400 Meters	52.14 (2 heats of 8)	61.50 (3 heats of 8)	55.80 (2 heats of 8)
800 Meters	2:02.00 (2 heats of 12)	2:28.40 (3 heats of 12)	2:09.9 (2 heats of 12)
1600 Meters	4:34.00 (2 heats of 16)	5:24.00 (2 heats of 20)	4:55.0 (2 heats of 16)
3200 Meters	10:12.00 (1 heat of 20)	12:04.00 (1 heat of 25)	10:50.0 (1 heat of 25)
110 Hurdles	15.50 (2 heats of 8)	17.00 (3 heats of 8)	65HH-11.20 (2 heats of 8)
300 Hurdles	42.24 (2 heats of 8)	49.90 (3 heats of 8)	48.50 (2 heats of 8)
4x100 Relay	44.90 (2 heats of 8)	52.80 (3 heats of 8)	48.50 (2 heats of 8)
4x400 Relay	3:39.90 (2 heats of 8)	4:26.00 (3 heats of 8)	3:52.50 (2 heats of 8)
Shot Put	47' 5" (1 flight of 12)	33' 10" (2 flights of 8)	39' 0" (2 flights of 8)
Discus	141" 5" (1 flight of 10)	102' 0" (2 flights of 8)	108' 0" (2 flights of 8)
High Jump	6' 1" (1 flight of 12)	5' 0" (1 flight of 16)	5' 2" (1 flight of 16)
Long Jump	20' 11" (1 flight of 12)	15' 11" (2 flights of 8)	17' 0" (2 flights of 8)
Triple Jump	42' 9" (1 flight of 12)	33' 4" (2 flights of 8)	36' 2" (2 flights of 8)
Pole Vault	13' 6" (1 flight of 12)	9' 0" (2 flights of 8)	9' 6" (1 flight of 12)

Note: Enter your F/S Boys the same way as the Varsity Boys and Girls on www.directathletics.com

** All times and marks, must be made this year. They must appear in the San Jose Mercury News Top Marks List and/or on the www.lynbrooksports.com website for the Varsity Boys and Varsity Girls. If your athletes are not on either list in the Varsity Boys and Girls, your entry will not be accepted. In order to get your athletes accepted and get on the "Top Marks List", you must contact Hank Lawson at: hanklaw@ix.netcom.com. For the F/S Boys, please use accurate FAT times and accurate field event marks from this year only. Any questions, email Willie at willieharmatz@aol.com.

ENTRIES MUST BE RECEIVED BY MIDNIGHT, SATURDAY, APRIL 14, 2012

HANKLAWTRACK@GMAIL.COM