

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 most of the years in this meet. These are just guidelines to follow in entering your athletes, and does not mean your athletes will make it. Final entries will be on lynbrooksports.com by Tuesday or Wednesday during the week of the meet.

	<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)

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

** If the entering times are very close, we will add an extra heat in that event.

** 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 list 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: hanklawtrack@gmail.com. For the F/S Boys, please use accurate FAT times and accurate field event marks.

Any questions, email Willie at williehartz@aol.com

REMEMBER - these are just general guidelines to follow in entering your athletes. It does not mean they will make it into the meet or not. The cut-offs will be determined by the depth of times and marks from each event that reach the certain number of entries only.

ENTRIES MUST BE RECEIVED BY 11:00pm, SATURDAY, APRIL 15, 2017