



North Salinas Time Trials

Saturday, February 23, 2019

North Salinas High School

The Time Trials are an informal get together with the sole intent to introduce athletes to fun, low-key competition to kick off the year. The environment will be festive with music played throughout the competition. The event will be held on the North Salinas all-weather track, a great venue for some great early season marks. Field events start @ 9 am; Running events @ 10 am.

ENTRY FEE: There is a team fee of \$100 which covers unlimited entries to attend this event. Bring the whole team! Please bring a check payable to NORTH SALINAS TRACK & FIELD.

Note: Fees will be waived for programs who volunteer to run an event. Please contact Coach Small if interested.

ENTRIES: Entries are to be made on athletic.net before Midnight Thursday, February 21st.

SCRATCH MEETING: To ensure competitive full heats please attend a scratch meeting at 9:30 am. Field Events must check in and will be scratched at the event.

SCORING: This is a pre-season event with no scoring, divisions or awards. Automatic timing will be used for all running events.

If you have any questions please contact Coach Small at joshua.small@salinasuhd.org.

ORDER OF EVENTS

Running Events:

Running events will start at 10 am and move from event to event on a rolling schedule. Athletes need to be aware of the pace of the meet and make sure to warm-up at the proper time.

Field Events:

Field events begin at 9 am & will move to the next division upon completion of each event.

4x100 Relay	Girls/Boys	Shot Put	Girls/VB/FSB
1500	Girls/Boys	Discus	Girls/Boys
High Hurdles	Girls/VB/FSB	Long Jump	Girls/Boys
100	Girls/Boys	Triple Jump	Girls/Boys
400	Girls/Boys	High Jump	Girls/Boys
800	Girls/Boys	Pole Vault	Girls/Boys
4x200	Girls/Boys		
3200m Elimination Race: "Miss & Out"	Girls/Boys		

A Few General Guidelines:

- Field events start @ 9 am; Running events @ 10 am.
- Clerk of the Course for running events will be at the tent near the start/finish line. All field events are to check in at their event.
- Please wear your school uniform. However no uniform rules will be enforced for disqualification as this is a nonscoring event.
- False starts will be called but athletes will not be disqualified. Due to this being the first ever meet for many, athletes will receive a warning as emphasis will be placed on teaching.
- If multiple heats are needed for lane races they will be run fast to slow. In the spirit of creating close races and competitive equity please seed your fastest entries in the first heat.
- We want everyone to participate so bring your whole team! The team fee covers unlimited entries, however athletes will be limited to the 4 event maximum per CIF rules.
- Hurdle Races are as follows: Varsity & Frosh-Soph Girls- 100H, Varsity boys- 110H, Frosh-Soph Boys - 65HH (*Frosh-soph*).
- Lane assignments will be assigned at the clerk of the course at the tent near the start/finish line. Please wear your hip number.

Relay Details:

- 4 x 200 starts in lanes and will use a 2-turn stager.

3200m Elimination Race: Miss & Out Details

- Over 8 laps, the last runner(s) to cross each lap are eliminated. A great pre-season workout and fun way to end the meet!