

15TH ANNUAL
“Don Bell” QUICKSILVER CLASSIC
LELAND HIGH SCHOOL
SATURDAY APRIL 6, 2019

Leland High School will host the 15th Annual “Don Bell” Quicksilver Classic will be held on Saturday, APRIL 6, 2019 on the **NEWLY RESURFACED LELAND HIGH SCHOOL TRACK**. There will be Varsity and Frosh-Soph Divisions for Boys & Girls.

SCHEDULE: This years meet will continue to feature split divisions as the F/S Boys and F/S Girls will compete in the morning while the Varsity Boys and Varsity Girls will compete in the afternoon session.

MEET POLICIES for Athletes and Coaches:

1. All athletes in running events must check in 40 minutes prior to the start of their event so that we will be able to set up and condense heats (seed on the fly). Athletes NOT checked in will be scratched from their event. Athletes must report back 15 minutes prior to the start of their event for heat, lane assignments and hip numbers.
2. All field event athletes must check in 30 minutes prior to the start of their event so flights may be established. Athletes NOT checked in will be scratched from their event. Each **Varsity** athlete will receive **4 attempts in the Shot, Discus, Long Jump, and Triple Jump**. Each **Frosh-Soph athlete will receive 3 attempts in the Shot, Discus, Long Jump, and Triple Jump**.
3. **All running events will be final.**
4. All warm ups should take place on the turf adjacent to the Discus area, not inside the track stadium.

Note: All “ENTRIES” must be submitted to www.directathletics.com ONLY!!! (SEE ATTACHED SHEET)

PLEASE LIMIT YOUR ENTRIES TO YOUR TOP 3 OR 4 IN EACH EVENT

ENTRY DEADLINE: All entries must be received by Direct Athletics before Midnight, Tuesday, APRIL 2, 2019...No updates after the entry deadline... **Coaches can check posted entries and entry fees on the following website on Thursday, APRIL 4th**

ENTRY FEE: \$6.00 per event for individuals and \$20.00 per relay team. **MAXIMUM FEE \$395.00 (Includes all 4 divisions) - ALL FEES MUST BE PAID PRIOR TO COMPETITION - You can MAIL your checks or BRING them to the Meet. FEES MUST BE PAID PRIOR TO MEET COMPETITION.**

SCRATCHES: If you need to scratch an athlete before the entry deadline, do so on Direct Athletics. NO Scratches or additions after entry deadline. **NO ENTRIES WILL BE ALLOWED ON MEET DAY, SUB ONLY**

MAKE CHECK PAYABLE TO: Leland High School Track Fund
SEND TO: Jerry Rose
Leland High School
6677 Camden Avenue
San Jose, CA 95120

GENERAL INFORMATION:

- Award medals to 1-2-3-4-5-6 place finishers in ALL 4 DIVISIONS Including Relays.
- 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 - Slow to Fast Heats – all races run as finals. Final placement will be determined by time.
- Athletic Trainer will be available at the meet
- T-Shirts For Sale (\$12 each - Two for \$20)
- Programs For Sale (\$2)
- Concession stand will be open.

MEET DIRECTOR / COORDINATOR

Jerry Rose (408) 425-0437
Meet Director Email: JerryRose100@gmail.com
Mike Dudley (408) 509-7105
Meet Coordinator Email: trackdudley@aol.com

ALL ENTRIES MUST BE RECEIVED ON OR BEFORE TUESDAY, APRIL 2, 2019

Field Events - Check-In 30 minutes prior to Start of Event

| | | |
|----|----------|---------------------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | 8:00 AM | Boys F/S Shot Put |
| 5 | | Girls F/S Discus |
| 6 | | Girls F/S Pole Vault |
| | | Boys F/S Long Jump |
| | | Girls F/S High Jump |
| | | Girls F/S Triple Jump |
| 7 | | |
| 8 | 10:00 AM | Girls F/S Shot Put |
| 9 | | Boys F/S Discus |
| 10 | | Boys F/S Pole Vault |
| 11 | | Girls F/S Long Jump |
| 12 | | Boys F/S High Jump |
| | | Boys F/S Triple Jump |
| 13 | 12:30 PM | Boys Varsity Shot Put |
| 14 | | Girls Varsity Discus |
| 15 | | Girls Varsity Pole Vault |
| 16 | | Boys Varsity Long Jump |
| 17 | | Girls Varsity High Jump |
| 18 | | Girls Varsity Triple Jump |
| 19 | 2:30 AM | Girls Varsity Shot Put |
| 20 | | Boys Varsity Discus |
| 21 | | Boys Varsity Pole Vault |
| 22 | | Girls Varsity Long Jump |
| 23 | | Boys Varsity high Jump |
| 24 | | Boys Varsity Triple Jump |

Running Events Start at 8:30 AM

| | | | |
|----|--------------|-------------|----------------------------------|
| 25 | 4x100m Relay | Girls F/S | Check-in by 8:00 am |
| 26 | 4x100m Relay | Boys F/S | Check-in by 8:00 am |
| 27 | 1600m | Girls F/S | Check-in by 8:15 am |
| 28 | 1600m | Boys F/S | Check-in by 8:15 am |
| 29 | 100m HH | Girls F/S | Check-in by 8:30 am |
| 30 | 65m HH | Boys F/S | Check-in by 9:30 am |
| 31 | 400m | Girls F/S | Check-in by Start of F/S 1600m |
| 32 | 400m | Boys F/S | Check-in by Start of F/S 1600m |
| 33 | 100m | Girls F/S | Check-in by Start of F/S 100m HH |
| 34 | 100m | Boys F/S | Check-in by Start of F/S 100m HH |
| 35 | 800m | Girls F/S | Check-in by Start of F/S 400m |
| 36 | 800m | Boys F/S | Check-in by Start of F/S 400m |
| 37 | 300m LH | Girls F/S | Check-in by Start of F/S 100m |
| 38 | 300m IH | Boys F/S | Check-In by Start of F/S 100m |

| | | | |
|----|--------------|------------------|--|
| 39 | 200m | Girls F/S | Check-In by Start of F/S 800m |
| 40 | 200m | Boys F/S | Check-In by Start of F/S 800m |
| 41 | 3200m | Girls F/ S | Check-In by Start of F/S 300m LH |
| 42 | 3200m | Boys F/S | Check-In by Start of F/S 300m LH |
| 43 | 4x400m Relay | Girls F/ S | Check-In by Start of F/S 200m |
| 44 | 4x400m Relay | Boys F/S | Check-In by Start of F/S 200m |
| 45 | 4x100m Relay | Girls Varsity | Check-In by Start of F/S 4x400m Relay |
| 46 | 4x100m Relay | Boys Varsity | Check-In by Start of F/S 4x400m Relay |
| 47 | 1600m | Girls Varsity | Check-In by Start of F/S 4x400m Relay |
| 48 | 1600m | Boys Varsity | Check-In by Start of F/S 4x400m Relay |
| 49 | 100m HH | Girls Varsity | Check-in by Start of Girls Varsity 1600m |
| 30 | 110m HH | Boys Varsity | Check-In by Start of Girls Varsity 1600m |
| 31 | 400m | Girls Varsity | Check-In by Start of Girls Varsity 100m HH |
| 32 | 400m | Boys Varsity | Check-In by Start of Girls Varsity 100m HH |
| 33 | 100m | Girls Varsity | Check-In by Start of Girls Varsity 400m |
| 34 | 100m | Boys Varsity | Check-In by Start of Girls Varsity 400m |
| 35 | 800m | Girls Varsity | Check-In by Start of Girls Varsity 100m |
| 36 | 800m | Boys Varsity | Check-In by Start of Girls Varsity 100m |
| 37 | 300m LH | Girls Varsity | Check-In by Start of Girls Varsity 800m |
| 38 | 300m IH | Boys Varsity | Check-In by Start of Girls Varsity 800m |
| 39 | 200m | Girls Varsity | Check-In by Start of Girls Varsity 300m LH |
| 40 | 200M | Boys Varsity | Check-In by Start of Girls Varsity 300m LH |
| 41 | 3200m | Girls Varsity | Check-In by Start of Girls Varsity 200m |
| 42 | 3200m | Boys Varsity | Check-In by Start of Girls Varsity 200m |
| 43 | 4x400m Relay | Girls Varsity | Check-In by Start of Girls Varsity 3200m |
| 44 | 4x400m Relay | Boys Varsity | Check-In by Start of Girls Varsity 3200m |

FIELD EVENTS

8:00 AM

Boys F/S Shot Put
Girls F/S Discus
Girls F/S High Jump
Boys F/S Long Jump
Girls F/S Triple Jump
Girls F/S Pole Vault

10:00 AM

Girls F/S Shot Put
Boys F/S Discus
Boys F/S High Jump
Girls F/S Long Jump
Boys F/S Triple Jump
Boys F/S Pole Vault

12:30 PM

Boys Varsity Shot Put
Girls Varsity Discus
Girls Varsity High Jump
Boys Varsity Long Jump
Girls Varsity Triple Jump
Girls Varsity Pole Vault

2:30 PM

Girls Varsity Shot Put
Boys Varsity Discus
Boys Varsity High Jump
Girls Varsity Long Jump
Boys Varsity Triple Jump
Boys Varsity Pole Vault



How to Submit Online Entries to Quicksilver Saturday, APRIL 6, 2019

STEP 1—ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

| If you already have a DirectAthletics account for your Track & Field team, and know your username and password.... | If you do NOT know your username and password.... |
|---|---|
| <ol style="list-style-type: none">1) Go to www.directathletics.com2) In the login box, enter your username and password and click Login. <p>(Remember that your password is case-sensitive)</p> | <ol style="list-style-type: none">1) Go to www.directathletics.com2) Click on the link "New User? Click HERE".3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account. |

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS: You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:**

Sport: Track & Field

Team: Ridgewood (Men)

This indicates that you are controlling the MEN'S team. To switch to your Women's team, you would select "Ridgewood (Women)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all active athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again. This is a one-time process—you will not need to set up your roster each time you enter a meet.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 3) When you are finished with your entries, click the "Finish" link.
- 4) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 5) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.
- 6) **ENTRIES MUST BE RECEIVED BY MIDNIGHT TUESDAY, APRIL 2, 2019**