

CCS Last Chance Track & Field Invitational

Saturday April 16, 2022- Los Altos High School

The Central Coast Section Last Chance meet will provide CCS athletes one last opportunity to improve qualifying marks before we head into the championship season. This will also be a chance for the top Frosh-Soph boys from across CCS to compete against each other as CCS Top 8 will not have a FS division this year. Girls will be combined into one division but will have additional heats or larger flights.

We will not offer pole vault at this meet however both FS and V pole vault will be contested at the CCS Top 8 meet at Los Gatos HS on April 22nd.

New: Wheelchair & para ambulatory divisions will be offered at this meet in 100m, 200m, 400m and shot put. We have a shot put chair available.

Special event: Can you dip 1600m?: 1600m race only for boys who have not broken the 5 minute barrier and girls who have not broken the 6 min barrier this season. Hopefully good competition and a crowd cheering can get them there.

DATE: Saturday, April 16, 2022- Event schedule attached. Field events starting 2:00PM, track events starting at 3:00PM.

LOCATION: Los Altos High School Track. [201 Almond Ave, Los Altos](#)

ENTRY INFORMATION:

All entries must be made on [athletic.net](#) before 9:00PM, Mon. April 11th. No updates or additions after the entry deadline. Coaches can verify accepted entries & alternates on Wednesday, April 13th on [www.lynbrooksports.com](#).

- All entry marks must be recorded on athletic.net in the 2022 season. All times must be electronic
- F/S boys may be entered in the Varsity division but will not be automatically moved to F/S if they do not meet the Varsity entry standard

EVENT ENTRY LIMITS:

The following number of entries will be accepted in each event. The top submitted times or marks in each event in Varsity Boys, F/S Boys and Girls (JV/Varsity combined) will qualify. There is no limit to the number of entries per school.

Track events up to 400m: VB 16 (2 Heats), FSB 16 (2 Heats), Girls 24 (3 heats), WC/para amb. (1 heat)

800m: VB 24 (2 heats), FSB 24 (2 heats), Girls 42 (3 heats)

1600m: VB 16 (1 heat), FSB 16 (1 heat), Girls 32 (2 heats)

Special Event: "Can you dip?" 1600m race for boys hoping to break the 5 minute barrier and girls hoping to break the 6 minute barrier. 16 entries each. Must not have achieved a mark better than 5:00 or 6:00 this season.

3200m: VB 20 (1 heat), FSB 20 (1 heat), Girls 20 (1 heat)

Relays: VB 8 teams (1 heat) , FSB 8 teams (1 heat) , Girls 16 teams (2 heats)

Field events: VB 20, FSB 20, Girls 20

Meet management reserves the right to adjust the field sizes to provide the best competitive atmosphere.

No Pole Vault will be contested but it will be offered in all divisions at the CCS Top 8 meet at Los Gatos High School on April 22.

ENTRY FEES: \$5.00 per event for individuals and \$15.00 per relay team. Maximum team fee \$400. All entries must be submitted on athletic.net. You will be charged for all entries that are accepted. Entry Fees will be posted on www.lynbrooksports.com and must be paid at the packet pick up area.

MAKE CHECK PAYABLE TO: Los Altos High School

CCS LAST CHANCE TRACK & FIELD MEET

Los Altos High School: Saturday, April 16, 2022

MEET DIRECTORS:

- Hank Lawson (hanklawtrack@gmail.com), Steph MacKenzie (stephmack75@gmail.com), Gerri Baldwin (gerrib@sbcglobal.net), Kirk Flatow (kirk.flatow@gmail.com)

TIME SCHEDULE: * Start times may be adjusted slightly closer to the date

Track Events 3:00 PM start	Field Events starting 2:00PM
4x100 Relay - Girls 2 heats, VB 1 heat, FSB 1 heat 1600 - Girls 2 heats, VB 1 heat, FSB 1 heat 100 Hurdles - Girls 3 heats 110 Hurdles - VB 2 heats 65 Hurdles - FSB 2 heats 400 - Girls 3 heats, VB 2 heats, WC/Amb 1 heat., FSB 2 heats 100 - Girls 3 heats, VB 2 heats, WC/Amb. 1 heat, FSB 2 heats 800 - Girls 3 heats, VB 2 heats, FSB 2 heats 300m Hurdles - Girls 3 heats, VB 2 heats, FSB 2 heats Special event 1600: Can you dip? - Girls 1 heat, Open Boys 1 heat 200 - Girls 3 heats, VB 2 heats, WC/Amb. 1 heat, FSB 2 heats 3200 - Girls 1 heat, VB 1 heat, FSB 1 heat 4x400 Relay - FSB 1 heat, Girls 2 heats, VB 1 heat	2:00 - Varsity Boys Discus 2:00 - F/S Shot Put 2:00 - F/S High Jump 2:00 - Girls Triple Jump 2:00 - Varsity Boys Long Jump 4:00 - Girls Discus 4:00 - Varsity Boys Shot Put 4:00 - Girls High Jump 4:00 - F/S Triple Jump 4:00 - Girls Long Jump 6:00 - F/S Discus 6:00 - Girls Shot Put 6:00 - Varsity Boys High Jump 6:00 - Varsity Boys Triple Jump 6:00 - F/S Long Jump VB 20 entries FS 20 entries Girls 20 entries

- Scratch meeting will be at 1:30 PM on meet day. Alternates should check in with the clerk and will be added whenever possible. Please email any scratches you become aware of before meet day to Steph MacKenzie: stephmack75@gmail.com
- Warm up area is available on the back field near the tennis courts.
- All Running Events - Fast Heat First. Lane assignments will be seeded by best times and marks
- All track athletes must check-in at least 20 minutes prior to the event at the clerk tent on the infield. Hip numbers will be worn for 1600, 800, 3200 and 4x400 relay
- All field athletes must check in no later than 20 min. prior to the start of the event with the official, even if in flight 2. Flights seeded by best marks.
- All field event athletes get 3 attempts. Top 8 will get 3 more attempts
- Implement Weigh ins will begin at 1:00Pm near the shot put area. Implements not making weight will be held until after the event is completed.
- Opening height for HJ will be posted with accepted entry list
- Athletes doing a field event and running event at the same time, must tell the field judge when leaving and returning. If not, and their turn is up, they will scratch that attempt. Telling the judge, will allow making up the attempt only if the flight, height, or event is not over.
- Track events will run up to 10 minutes early
- No headphones/electronics will be allowed on the infield or track.
- Only coaches and athletes preparing for events should be in the infield area.
- All CIF uniform rules will be enforced.
- There are no dressing rooms or shower facilities. Please come prepared to compete.

GENERAL INFORMATION:

- Award medals to top 3 placings in each event
- Scoring is 10-8-6-5-4-3-2-1
- Admission fee: \$5, seniors & students \$3, children 12 & under free. Cash preferred but we will have a Go Fan app available. Link will be posted with entries list.
- Timer: Hank Lawson. Live results will be available on: www.lynbrooksports.com
- EMT will be on site
- T-Shirts will be for sale for \$15; concession stand will be open. Cash preferred.

- Parking is available in the main parking lot off of Almond Ave. There is also parking along Jardin Ave and surrounding streets. Please be considerate of our neighbors.