

2023 Silicon Valley Middle School Track & Field Championships

Participating Leagues:

VAL, WVAL, SJMSAL

Participating School Entry Fee - \$20 per school and \$15 per athlete

(RJ Fisher Middle School Collecting Checks – Send to: 19195 Fisher Ave, Los Gatos, CA 95032)

There is NO Spectator Entry Fee

Online Registration only via Athletic.net (See Instructions Below)

Location:

Westmont High School

4805 Westmont Ave, Campbell, CA 95008

Meet Director:

Kent Kappen (RJ Fisher MS)

League Reps:

WVAL - Jennifer Vandenberg (Redwood MS)

VAL - Mark Ollila/Grady Wright

SJMSAL – Ronald Huynh (Muwekna Ohlone MS)

NEW TO THE MEET - 400m invitational race

The 1st event will be a special 400m invitational race. We will be accepting 8 boys total and 8 girls total to compete. Grades will be combined. There will a single boys race (1 heat) and single girls race (1 heat). To be considered for this event, coaches should submit the athletes and their seed times to Kent Kappen (kent@leadsportsusa.com) who will submit the entry. The meet director will notify the league reps of the athletes accepted into this event.

Guidelines for entry - Sub 60 sec for Boys and sub 67 for Girls.

2019 COUNTY QUALIFIER INFORMATION

EVENT TYPE	VAL	SJMSAL	WVAL
FIELD EVENTS	5	5	5
RUNNING EVENTS	5	5	5
RELAYS	2	2	2

ATHLETES WHO FINISH IN THE TOP 5 AT THEIR LEAGUE FINALS FOR THE VAL, SJMSAL & WVAL WILL QUALIFY FOR THE MEET

REGARDLESS OF THEIR TIME/MARK. (Top 2 in Relays)

NFHS RULES WILL BE ABIDED & MODIFICATIONS NOTED IN MEET FLYER

SCORING (400M invitational will not be scored)

TEAM SCORING – 1ST = 10 PTS, 2ND = 8 PTS, 3RD = 6 PTS, 4TH = 5PTS, 5TH = 4 PTS, 6TH = 3 PTS, 7TH = 2 PTS, 8TH = 1 PT

ORDER OF EVENTS

Order of Running Events	Order of Field Events	Approx Starting Time
400M invitational (Non-Scoring) (1) Combined Boys and (1) Combined Girls Race	SP-7G, DT-7B, LJ-7B, TJ-7G, HJ1-6G, HJ2-6B	4:00
1600 - 6G,7G, 8G, 6B, 7B, 8B	SP-8G, DT-8B, LJ-8B, TJ-8G, HJ1-7G, HJ2-7B	4:45
65M Hurdles - 6G,7G, 8G, 6B, 7B, 8B	SP-6G, DT-6B, LJ-6B, TJ-6G, HJ1-8G, HJ2-8B	5:00
4x100 Relay - 6G,7G, 8G, 6B, 7B, 8B	SP-7B, DT-7G, LJ-8G, TJ-8B	5:45
800m - 6G,7G, 8G, 6B, 7B, 8B	SP-6B, DT-6G, LJ-6G, TJ-6B	6:30
100m - 6G,7G, 8G, 6B, 7B, 8B	SP-8B, DT-8G, LJ-7G, TJ-7B	7:15
4x400 Relay - 6G,7G, 8G, 6B, 7B, 8B		

RELAY AND INDIVIDUAL LANE ASSIGNMENTS

Lane	1	2	3	4	5	6	7	8
Rank	7th	5th	3rd	1st	2nd	4th	6th	8th

SHOT PUT ORDER - 7G / 8G / 6G / 7B / 6B / 8B
(8 TH GRADE BOYS USE 8LB SHOT; ALL OTHER THROWERS USE 6LB SHOT)

DISCUS ORDER - 7B / 8B / 6B / 7G / 6G / 8G
(ALL THROWERS USE 1KG DISC, METAL AND RUBBER ARE ALLOWED)

LONG JUMP ORDER - 7B / 8B / 6B / 8G / 6G / 7G
(RUN THROUGH/PRACTICE JUMPS WILL BE AT JUDGES DISCRETION)

TRIPLE JUMP ORDER – 7G / 8G / 6G / 8B / 6B / 7B
(RUN THROUGH/PRACTICE JUMPS WILL BE AT JUDGES DISCRETION)

HIGH JUMP # 1 & OPEN HT – 6G - 3-06 / 7G - 3-08 / 8G - 3-10

HIGH JUMP # 2 & OPEN HT - 6B - 4-00 / 7B - 4-02 / 8B - 4-04

ALL PERSONAL ELECTRONICS ARE NOT ALLOWED IN COMPETITION AREA OR ON INFIELD
(PHONES/MUSIC/AMERAS)

ONLY ATHLETES OF UPCOMING EVENTS & OFFICIALS AND MEET MANAGEMENT ARE ALLOWED
ON INFIELD.

ALL OTHER PEOPLE MUST REMAIN IN SPECTATOR AREAS

LEAGUE RESPONSIBILITIES/MEET DUTIES

MEET DIRECTOR/REFEREE – WORKS WITH OFFICIALS AND COACHES – KENT KAPPEN--- WVAL

TIMING/SCORING/RESULTS – HANK LAWSON STARTER –TBD

LOGISTICS - SITE/EQUIPMENT/CUSTODIAL – KENT KAPPEN ----- WVAL

PROTEST COMMITTEE –INTERPRETATION/CLARIFICATION/ENFORCEMENT - 1 REP FROM EACH
LEAGUE

STARTING BLOCK CREW - (MAKE SURE BLOCKS ARE SET UP AND REMOVED) ----- SJMSAL

HURDLE CREW - (PLACEMENT/ADJUSTS BETWEEN RACES/REMOVES AND STORAGE) --- SJMSAL

INFIELD OFFICIAL - (NOTIFIES ATHLETES/COACHES TO STAY OFF INFIELD) -----VAL

CLERK – ORGANIZE ATHLETES/HEATS & COMMUNICATE WITH STARTER-----WVAL

MC – ANNOUNCES UPCOMING EVENTS, RESULTS AND OTHER INFO DURING MEET -----WVAL

FINISH LINE/AWARDS – ORGANIZES ATHLETES AT FINISH LINE & HANDS OUT AWARDS ----VAL

EVENT ASSIGNMENTS – DUTY DESCRIPTIONS – LEAGUE RESPONSIBILITIES

PLEASE TURN IN RESULTS TO HEAD TIMER, HANK LAWSON

HIGH JUMP PIT 1 (GIRLS) – OFFICIATES, RECORDS RESULTS AND HANDS OUT AWARDS -WVAL
HIGH JUMP PIT 2 (BOYS) - OFFICIATES, RECORDS RESULTS AND HAND OUT AWARDS ---SJMSAL
SHOT PUT – OFFICIATES, RECORDS/SENDS RESULTS AND HAND OUT AWARDS -----VAL
DISCUS – OFFICIATES, RECORDS/SENDS RESULTS AND HAND OUT AWARDS -----WVAL
LONG JUMP – OFFICIATES, RECORDS/SENDS RESULTS AND HAND OUT AWARDS -----SJMSAL
TRIPLE JUMP – OFFICIATES, RECORDS/SENDS RESULTS AND HAND OUT AWARDS -----VAL
ZONE JUDGES (2 ADULTS PER ZONE) –RELAY VIOLATIONS -----EACH LEAGUE TAKES A ZONE
ZONE 1 – VAL
ZONE 2 – SJMSAL
ZONE 3 - WVAL

COMPETITION ORDER FOR ALL FIELD EVENTS ARE FROM 8 TH PLACE RANK TO 1 ST PLACE
***COACHES SHOULD SEE THE EVENT OFFICIAL AND THEN THE MEET REFEREE
PROFESSIONALLY IF THERE ARE ANY QUESTIONS OR ISSUES DURING THE COMPETITION***

FINE PRINT

ALTERNATES WILL NOT BE ASSIGNED ON THE DAY OF THE MEET. SCRATCHED ATHLETES MUST NOTIFY THEIR LEAGUE REP AND PROCESS THE CHANGE BY NO LATER THAN 6:00PM ON FRIDAY, MAY 19 TH

OFFICIAL PROTESTS MUST BE MADE TO THE MEET MANAGEMENT OFFICIATING COMMITTEE BY THE HEAD COACH OR ATHLETIC DIRECTOR AS SOON AS POSSIBLE, BEFORE THE CONCLUSION OF AN EVENT.

ATHLETES WILL NEED TO BE RESPONSIBLE OF CHECKING IN/BEING NEAR THEIR EVENT 15 MINUTES BEFORE IT STARTS.

ATHLETES COMPETING IN MULTIPLE EVENTS AT THE SAME TIME MUST CHECK OUT WITH FIELD EVENT OFFICIAL BEFORE LEAVING. (10 MINUTES MINIMUM WILL BE ALLOWED TO RETURN)

ADDITIONAL RULES/POLICY/GUIDANCE/MISC. INFO WILL BE AVAILABLE TO COACHES AND ATHLETIC DIRECTORS PRIOR TO THE MEET AND WILL BE EXPECTED TO BE ABIDED.

ONLINE REGISTRATION ONLY:

Online Entry Instructions (Meet #514598)

Date	5/23/2023	Host	RJ Fisher MS
Location	Westmont High School Track 4805 Westmont Ave, Campbell, CA 95008	Director	Kent Kappen
Field Start	4:00 PM	Email	kent@leadsportsusa.com
Track Start	4:00 PM	Phone	4083131336

This meet is using free online registration at Athletic.net!

Follow the 4 steps below to get started:

1. Sign up for a free coach account (if you do not have one)

- Go to: www.athletic.net
- Click on '**Log In**' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- Log In to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add a Meet**" in your calendar box to navigate to the Events page
- In the search bar, enter **2023 Silicon Valley Middle School T&F Championships**
- Click on the meet to expand it, and locate the button to add it to your teams calendar
- Repeat this process for the rest of your season calendar.
- *If a meet is currently not listed, click Create New Event, and add the meet.*
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for the 2023 Silicon Valley Middle School T&F Championships

- Locate **2023 Silicon Valley Middle School T&F Championships** on your team's main Track & Field page and click on the meet name.
- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "**Add an Athlete**" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.