

# CCS Last Chance Track & Field Invitational

**Saturday April 15, 2023- Mountain View 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 one of the last chances for the top Frosh-Soph boys from across CCS to compete against each other. Girls will be combined into one division but will have additional heats or larger flights. We will not offer pole vault at this meet. The Last Chance Invitational will be held at Mountain View High School this year (last year was at Los Altos High School).

**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 15, 2023-** Event schedule attached. Field events starting 2:00PM, track events starting at 3:00PM.

**LOCATION: Mountain View High School 3535 Truman Ave. Mountain View**

[Campus Map](#)

## **ENTRY INFORMATION:**

All entries must be made on [athletic.net](http://athletic.net) before 9:00PM, Mon. April 10th. No updates or additions after the entry deadline. Coaches can verify accepted entries & alternates on Wednesday, April 12th on [www.lynbrooksports.com](http://www.lynbrooksports.com).

- All entry marks must be recorded on athletic.net in the 2023 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 36 (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 16, FSB 16, Girls 16

*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 21.*

**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](http://www.lynbrooksports.com) and must be paid at the packet pick up area.

**MAKE CHECK PAYABLE TO: Mountain View High School**

## CCS LAST CHANCE TRACK & FIELD MEET

Mountain View High School: Saturday, April 15, 2023

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

Track Events 3:00 PM start	Field Events starting 2:00PM
<p><b>3:00- 4x100 Relay</b> - Girls 2 heats, VB 1 heat, FSB 1 heat</p> <p><b>3:12- 1600</b> - Girls 2 heats, VB 1 heat, FSB 1 heat</p> <p><b>3:48- 100 Hurdles</b> - Girls 3 heats</p> <p><b>3:57- 110 Hurdles</b> - VB 2 heats</p> <p><b>4:03- 65 Hurdles</b> - FSB 2 heats</p> <p><b>4:09- 400</b> - Girls 3 heats, VB 2 heats, WC/Amb 1 heat., FSB 2 heats</p> <p><b>4:33- 100</b> - Girls 3 heats, VB 2 heats, WC/Amb. 1 heat, FSB 2 heats</p> <p><b>4:49- 800</b> - Girls 3 heats, VB 2 heats, FSB 2 heats</p> <p>----- 15 minute break-----</p> <p><b>5:40- 300m Hurdles</b> - Girls 3 heats, VB 2 heats, FSB 2 heats</p> <p><b>6:01- Special event 1600: Can you dip?</b>- Girls 1 heat, <b>6:10</b> Open Boys 1 heat</p> <p><b>6:19- 200</b> - Girls 3 heats, VB 2 heats, WC/Amb. 1 heat, FSB 2 heats</p> <p><b>6:35 3200</b> - Girls 1 heat, VB 1 heat, FSB 1 heat</p> <p><b>7:23- 4x400 Relay</b> - FSB 1 heat, Girls 2 heats, VB 1 heat</p>	<p><b>2:00 - Varsity Boys Discus</b></p> <p><b>2:00 - F/S Shot Put</b></p> <p><b>2:00 - F/S High Jump (4'8")</b></p> <p><b>2:00 - Girls Triple Jump</b></p> <p><b>2:00 - Varsity Boys Long Jump</b></p> <p><b>4:00 - Girls Discus</b></p> <p><b>4:00 - Varsity Boys Shot Put</b></p> <p><b>4:00- Girls High Jump (4'2")</b></p> <p><b>4:00 - F/S Triple Jump</b></p> <p><b>4:00 - Girls Long Jump</b></p> <p><b>6:00 - F/S Discus</b></p> <p><b>6:00 - Girls Shot Put</b></p> <p><b>6:00 - Varsity Boys High Jump (5'2")</b></p> <p><b>6:00 - Varsity Boys Triple Jump</b></p> <p><b>6:00 - F/S Long Jump</b></p> <p><b>VB 16 entries</b>  <b>FS 16 entries</b>  <b>Girls 16 entries</b>                      2 flights of 8                      Top seeds in flight 2</p>

**MEET DIRECTORS:** Hank Lawson (hanklawtrack@gmail.com), Jonathan Hubbs (coachhubbs@gmail.com), Steph MacKenzie (stephmack75@gmail.com)

**IMPORTANT INSTRUCTIONS FOR ATHLETES:**

- Scratch meeting will be at 1:30 PM on meet day. Alternates should check in with the clerk and will be added whenever possible. They should show up at the start of the event in case of very last minute scratches. Please email any scratches you become aware of before meet day to Jonathan Hubbs: [coachhubbs@gmail.com](mailto:coachhubbs@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. No bibs needed for laned events. Hip numbers will be worn for 1600, 800, 3200 and 4x400 relay
- 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 given out there for distance events & 4x4
- 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. Best marks in flight 2.
- All field event athletes get 4 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: VB 5'2", FSB 4'8", VG 4'2"
- 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 or food 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.
- An EMT is available in the tent at the far end of the track near the trainer's office.

**GENERAL INFORMATION:**

- Award medals to top 3 placings in each event
- Team plaques for winners in each division (Varsity Boys, Varsity Girls, F/S Boys)
- Scoring is 10-8-6-5-4-3-2-1
- Admission fee: adults \$5, seniors & students \$3, children 12 & under free. Cash preferred but you can also buy tickets on Go Fan: Link Coming Soon
- Timer: Hank Lawson. Live results will be available on: [www.lynbrooksports.com](http://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 Bryant Ave. There is also parking along Truman Ave and surrounding streets, as well as the church across the street from the track. Please be considerate of our neighbors.

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**Last Chance Track & Field Invitational 2023**

**Invoice**

Meet Fee: \$ \_\_\_\_\_

\$5.00 per event for individuals and \$15.00 per relay team. Maximum team fee \$400.

**Please make checks payable to:**

**MOUNTAIN VIEW HIGH SCHOOL**

Bring to packet pick up or mail to:

Mountain View High School  
Attn: Track & Field Last Chance Invite  
3535 Truman Ave.  
Mountain View, CA 94040