

**17<sup>TH</sup> ANNUAL**  
**“Don Bell” QUICKSILVER CLASSIC**  
**LELAND HIGH SCHOOL**  
**SATURDAY APRIL 1, 2023**

Leland High School will host the 16<sup>th</sup> Annual “Don Bell” Quicksilver Classic will be held on Saturday, APRIL 1, 2023 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 STADIUM**.

**Note:** All “ENTRIES” must be submitted to [www.athletic.net](http://www.athletic.net) ONLY!!! **NO NEW ENTRIES ON MEET DAY - SUBSTITUTIONS ONLY!**

**ENTRY DEADLINE:** All entries must be received by ATHLETIC.NET before Midnight, Tuesday, MARCH 28, 2022. No updates after the entry deadline... **Coaches can check posted entries and entry fees on the following website on Thursday, MARCH 30, 2022** [www.lynbrooksports.com](http://www.lynbrooksports.com)

**ENTRY FEE:** \$6.00 per event for individuals and \$20.00 per relay team. **MAXIMUM FEE \$450.00 (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 Athletic.net. **NO Scratches or additions after entry deadline. NO ENTRIES WILL BE ALLOWED ON MEET DAY, SUBSTITUTES ONLY** (If you have another athlete not competing in that event to Sub for)

**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
- Programs For Sale (\$2)
- Concession stand will be open.
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**MEET DIRECTOR / COORDINATOR**

Jerry Rose	(408) 425-0437
Meet Director	Email: <a href="mailto:JerryRose100@gmail.com">JerryRose100@gmail.com</a>
Rudy Montenegro	(408) 807-2991
Meet Coordinator	Email: <a href="mailto:rmontenegro922@yahoo.com">rmontenegro922@yahoo.com</a>

**ALL ENTRIES MUST BE RECEIVED ON OR BEFORE TUESDAY, MARCH 28, 2023**

**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
7		Boys F/S Long Jump
8		Girls F/S High Jump
9		Girls F/S Triple Jump
10		
11		
12		
13	10:00 AM	Girls F/S Shot Put
14		Boys F/S Discus
15		Boys F/S Pole Vault
16		Girls F/S Long Jump
17		Boys F/S High Jump
18		Boys F/S Triple Jump
19		
20		
21	12:30 PM	Boys Varsity Shot Put
22		Girls Varsity Discus
23		Girls Varsity Pole Vault
24		Boys Varsity Long Jump
25		Girls Varsity High Jump
26		Girls Varsity Triple Jump
27		
28		
29	2:30 AM	Girls Varsity Shot Put
30		Boys Varsity Discus
31		Boys Varsity Pole Vault
32		Girls Varsity Long Jump
33		Boys Varsity high Jump
34		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

**(NOTE: TIMES BELOW ARE ESTIMATIONS ONLY)**

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