

79th Annual King City Invitational
Hosted by King City Track & Field
War Memorial Stadium
April 6, 2024

- Host:** King City High Track & Field
- Contact:** Ismael Rocha, Meet Director
(831) 261-7930; rocha1200@gmail.com
- Location:** King City High School
720 Broadway St, King City, CA 93930
- Facilities:** **Nine lane all-weather track** and runways. Spikes, 1/4 inch or less, are allowed on the track and runways. All shoes will be checked at the clerk of the course at the time of checking in.
- Time:** Field events will start at **9:30 a.m.** Track events will start at **10:00 a.m.** See attached schedule. All track events are straight finals. **Hurdles are first on track, see schedule.**
- Entries:**
1. Entries shall be completed at <http://www.athletic.net> and must be received by Wednesday April 3, 2024 at 10 p.m.
 2. Entries: There are four divisions: varsity boys, varsity girls, frosh-soph boys, and frosh-soph girls
 3. **ENTRY LIMIT IS TOP 5 FOR EACH EVENT**
 4. A name, time / distance mark **MUST** accompany each entry. 2024 marks only!
 5. **NO ADDITIONS will be accepted after the deadline and NO ADDITIONS WILL BE MADE ON MEET DAY!**
- Fees:** Entry fees are as follows: **\$15/athlete, \$15/relay and a MAXIMUM \$450 PER SCHOOL.** Schools will be charged for the number of ORIGINAL athletes received. No refunds will be made for no shows! Entry fees must be paid by the day of the meet or mailed in. Please make checks payable to **King City High School Athletics ATTN Track and Field 720 Broadway, King City, CA 93930**
- Check-in:** ***IMPORTANT*** For all track events, athletes must check in at the clerk's table. Runners will be scratched if they have not checked in by the time the check-in sheet leaves the clerk's table.
Field event athletes will check in at the event location prior to the start.
- Admission:** Spectator admission will be charged. Adults: \$5, children \$3. **Stadium opens at 8am.**
- Food:** Snack bar will be open with tri tip sandwiches/hamburgers, snacks and water/gatorade available. (Cash/Credit Card Accepted)
A complimentary tri-tip sandwich lunch will be provided for coaches only.
- Warm-up:** All warm-up will be conducted on the infield near the check-in area.
- Awards:** Custom medals will be awarded for 1st - 5th place in each event for Varsity divisions, and 1st-3rd for F/S divisions. Trophies will be awarded to the top two teams in each division and there will be four high point awards.
- T-shirts:** A limited supply of T-shirts and hats will be available on meet day.
- Weights:** All throwing implements must be weighed prior to competition. A weighing station will be set up near the shot put ring.
- Coaches Meeting:** A meeting will be held prior to the start of the track events (approx. 9:00 a.m.).

King City Invitational Order of Events

Running Events 10:00

100 Hurdles (33")
F/S Girls, VG

110 High Hurdles
F/S Boys (36") VB (39")

4x100
F/S Girls, V Girls, F/S Boys, V Boys

1600 Meters
F/S Girls, V Girls, F/S Boys, V Boys

400 Meters
F/S Girls, V Girls, F/S Boys, V Boys

100 Meters
F/S Girls, V Girls, F/S Boys, V Boys

800 Meters
F/S Girls, V Girls, F/S Boys, V Boys

300 Hurdles
F/S Girls, V Girls, F/S Boys, V Boys

200 Meters
F/S Girls, V Girls, F/S Boys, V Boys

3200 Meters
F/S Girls, V Girls, F/S Boys, V Boys (Combine depending on size)

4x400
F/S Girls, V Girls, F/S Boys, V Boys

****Rolling schedule for a 12pm lunch break for 30 minutes****

Varsity ONLY Long Jump/Triple Jump
3 jumps, top 7 in finals with 3 more final jumps

Frosh/Soph ONLY Long Jump/Triple Jump
4 Jumps (all finals)

Varsity ONLY Shotput/Discus
3 throws, top 7 in finals with 3 more final throws

Frosh/Soph ONLY Shotput/Discus
4 Throws (all finals)

Field Events 9:30

Pole Vault
F/S Boys, F/S Girls, VB, VG

High Jump
F/S Girls, F/S Boys, VG, VB

Triple Jump
VB, VG, F/S Boys, F/S Girls

Long Jump
VG, VB, F/S Girls, F/S Boys

Shot Put
VB, VG, F/S Boys, F/S Girls

Discus
VG, VB, F/S Girls, F/S Boys

CHECK-IN PROCEDURES

Check-in Procedures – Field Events

All field events will check in at the event site.

Opening Heights and Progressions

May adjust depending on entries submitted.

High Jump

F/S Girls: 3'-10", 4'-1", 4'-4", 4'-6", 4'-8", etc

VG: 4'-0", 4'-3", 4'-6", 4'-8", 4'-10", etc

F/S Boys: 4'-8", 4'-11", 5'-2", 5'-4", 5'-6", etc

VB: 5'-0", 5'-3", 5'-6", 5'-8", 5'-10", etc

Pole Vault

F/S Girls: 6'-0", 6'-6", 7'-0", 7'-6", 8'-0", etc

VG: 7'-0", 7'-6", 8'-0", 8'-6", 9'-0", etc

VB: 9'-0", 9'-6", 10'-0", 10'-6", 11'-0", etc

F/S Boys: 7'-6", 8'-0", 8'-6", 9'-0", 9'-6", etc

Shot Put Weight

F/S Boys - 10lbs

Varsity Boys - 12lbs

Varsity ONLY Long Jump/Triple Jump

3 jumps, top 7 in finals with 3 more final jumps

Frosh/Soph ONLY Long Jump/Triple Jump - 4 Jumps (all finals)

Frosh/Soph ONLY Shot/Disc - 4 Throws (all finals)

Varsity ONLY Shot Put/Discus

3 throws, top 7 in finals with 3 more final throws

Check-in Procedures – Running Events:

The clerk of the course will be located next to the long jump pit. It is important that your athletes check in early. If an athlete has not checked in by the time the sheets are pulled, then they will be dropped from the event, NO EXCEPTIONS. Races will already be seeded so there will be no changes during check ins. Check-ins will help athletes know what lane they are in and thus speed up the event start time.

Bus Drop Off Entry Area



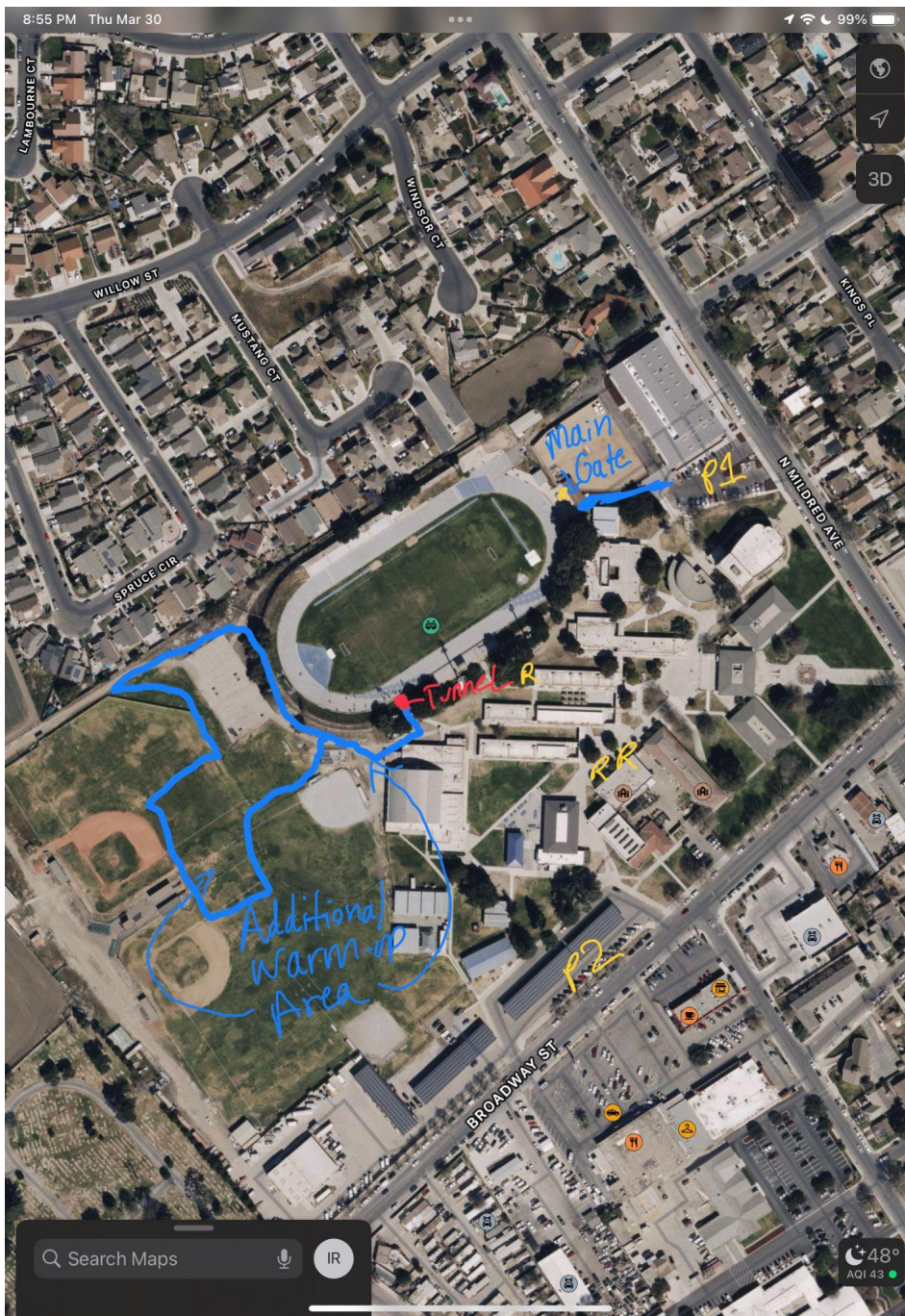
Bus Drop Off:

Athlete drop off would be best on the red color area (new AG building parking lot) as it leads directly to the stadium entry gate.

Bus/Parent Parking:

Buses can park along Mildred and Broadway St or in the solar panel parking lot on Broadway next to the bus barn. Parents can park in either Mildred or Broadway parking lots.

Restrooms, Additional Warm Up Area, Main Gate



- Restrooms will be open around campus labeled “R”
- There will be an additional warm up area in the baseball/softball field area. Students will be able to access the additional warm up area if needed through the main gate only.
- We will only have 1 entry gate for spectators which is labeled the main gate. Parking lot 1 (P1) is not as big as Parking lot 2 (P2), and for drop offs it would be best to use P1 on Mildred St since you will be closer to the track.