

18TH ANNUAL
“Don Bell” QUICKSILVER CLASSIC
LELAND HIGH SCHOOL
SATURDAY MARCH 30, 2024

Leland High School will host the 16th Annual “Don Bell” Quicksilver Classic will be held on Saturday, MARCH 30, 2023 on the **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 ONLY!!! NO NEW ENTRIES ON MEET DAY - SUBSTITUTIONS ONLY!

ENTRY DEADLINE: All entries must be received by ATHLETIC.NET before Midnight, Tuesday, MARCH 26, 2024. No updates after the entry deadline... **Coaches can check posted entries and entry fees on the following website on Thursday, MARCH 28, 2024** 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:

RUDY MONTENEGRO
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.

MEET DIRECTOR / COORDINATOR

Jerry Rose (408) 425-0437
Meet Director Email: JerryRose100@gmail.com
Rudy Montenegro (408) 807-2991
Meet Coordinator Email: rmontenegro922@yahoo.com

ALL ENTRIES MUST BE RECEIVED ON OR BEFORE TUESDAY, MARCH 26, 2024

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		
22		
23		
24		
25	12:30 PM	Boys Varsity Shot Put
26		Girls Varsity Discus
27		Girls Varsity Pole Vault
28		Boys Varsity Long Jump
29		Girls Varsity High Jump
30		Girls Varsity Triple Jump
31		
32		
33		
34		
35	2:30 AM	Girls Varsity Shot Put
36		Boys Varsity Discus
37		Boys Varsity Pole Vault
38		Girls Varsity Long Jump
39		Boys Varsity high Jump
40		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
		Boys	
40	200m	F/S	Check-In by Start of F/S 800m
		Girls F/	
41	3200m	S	Check-In by Start of F/S 300m LH
		Boys	
42	3200m	F/S	Check-In by Start of F/S 300m LH
		Girls F/	
43	4x400m Relay	S	Check-In by Start of F/S 200m
		Boys	
44	4x400m Relay	F/S	Check-In by Start of F/S 200m
		Girls	
45	4x100m Relay	Varsity	Check-In by Start of F/S 4x400m Relay
		Boys	
46	4x100m Relay	Varsity	Check-In by Start of F/S 4x400m Relay
		Girls	
47	1600m	Varsity	Check-In by Start of F/S 4x400m Relay
		Boys	
48	1600m	Varsity	Check-In by Start of F/S 4x400m Relay
		Girls	
49	100m HH	Varsity	Check-in by Start of Girls Varsity 1600m
		Boys	
30	110m HH	Varsity	Check-In by Start of Girls Varsity 1600m
		Girls	
31	400m	Varsity	Check-In by Start of Girls Varsity 100m HH
		Boys	
32	400m	Varsity	Check-In by Start of Girls Varsity 100m HH
		Girls	
33	100m	Varsity	Check-In by Start of Girls Varsity 400m
		Boys	
34	100m	Varsity	Check-In by Start of Girls Varsity 400m
		Girls	
35	800m	Varsity	Check-In by Start of Girls Varsity 100m
		Boys	
36	800m	Varsity	Check-In by Start of Girls Varsity 100m
		Girls	
37	300m LH	Varsity	Check-In by Start of Girls Varsity 800m
		Boys	
38	300m IH	Varsity	Check-In by Start of Girls Varsity 800m
		Girls	
39	200m	Varsity	Check-In by Start of Girls Varsity 300m LH
		Boys	
40	200M	Varsity	Check-In by Start of Girls Varsity 300m LH
		Girls	
41	3200m	Varsity	Check-In by Start of Girls Varsity 200m
		Boys	
42	3200m	Varsity	Check-In by Start of Girls Varsity 200m
		Girls	
43	4x400m Relay	Varsity	Check-In by Start of Girls Varsity 3200m
		Boys	
44	4x400m Relay	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

ALL SHOT & DISC WEIGH IN'S PRIOR TO COMPETIOION