



Los Gatos High School Track and Field

2024 Top 8 Classic Coaches Instructions

Hello and thanks again.. We want to welcome you and hope you and your athletes have a wonderful and safe time here.

- 1. Team fee schedule – will be posted later this week and will be available at the gate.**
- 2. All athletes, coaches and spectators must have a wrist band at all times. If you break your wrist band you may receive a new one by turning in the busted wrist band at the ticket booth**
- 3. Coaches packet and pick up—Gate 2.. Each Head Coach or Coach from school can pick up packets.**

- 4. We will not have a scratch meeting—and NO Coaches meeting.. But I will be available—for all Coaches**
- 5. Parking—open parking**
- 6. Canopies – None on the infield. Allowed in Bleachers and warm up area behind the visitor bleachers. Canopies can NOT block announcers and Media.**
- 7. Good news.. We are moving the awards to top 6 places. – after the final results are posted—Please all winners head over to the podium for pictures and media interviews. Medals will be available at medal tent.**
- 8. Parents will not be permitted inside the track area at any time. Parents may take pictures of the medal ceremony from outside the track area along the black fence at the center of the track.**
- 9. We will also have Media present—who may want to interview the Overall winner.**

10. Results— will be available online within 20-30 minutes after the final heat. We will also attempt to post the results near the concession stand.

11. For start of the events and check in—See Clerk of the course at the Goal post.

We will have a few hurdles set up for the hurdlers to practice.. Do not take the hurdles off the racks.

12. We want to keep this meet moving.. Do not camp out or clutter the infield unless you are competing.

13. As a courtesy to Coaches—we will Allow 1 Coach on the infield. But keep in mind—if this gets too much clutter – Coaches need to exit the track area at the conclusion of their athletes' race.

14. Do Not ask the Timer for results.

15. T- shirt vendors and concession stands will be available.

16. We do have a limited number of spikes for sale. –10 for \$5. Required spikes -- 3/16 pyramid – same as required by CIF State. Will most likely be at the front gate or clerk of the course.

17. Long jump, Triple Jump—we will try to be flexible—we may have to move them along.. remember—3 jumps.. Top 8 go to finals and get another 3 jumps.. Overall – best jump out of total 6 will be the winner. Please check with the judge. We will have these results immediately ran over to the timer..
18. We will do the same for Shot Put and Discus. We will have these results immediately ran over to the timer.. 3 throws—Top 8 go to Finals.. and get 3 additional throws.. Please check with the judge..
19. We will have first aid and trainer on site.
20. WE will post a live **updated scratch sheet**. You will then be able to send your scratches to Coach Jonathan Hubbs. Contact information will be on **Lynbrooksports.com**.
21. **Performance Sheets** – listed do not guarantee acceptance to the Top 8 meet. Heat Sheets and Final acceptances will come out late Thursday afternoon.
22. **Please note**. Just to Clarify -- On the Performance sheets—example: 100m – the top 8

will go into the invitational. The next 16 will go into the seeded. Same for the 400 and 1600m.

23. There will be separate medals for Invite and seeded races.

Sorry – for the long instructions—

I will be available throughout the meet to answer any questions and to address any challenges that may come up. –

Thanks again—Doc!

Danny Colton



TOP 8 ORDER OF EVENTS

TRACK EVENTS:

ESTIMATED SCHEDULE

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

9:00AM	Coaches Meeting —SCRATCHED- See Handout
10:30AM	Seeded 400M RELAY: VG (2H), VB (2H)
10:42AM	Seeded 1600M: VG, VB (1H each gender), (16/heat)
11:00AM	Seeded 100H/110H: VG (3H), VB (3H)
11:18AM	Seeded 400M: VG (2H), VB (2H) (two heats of 8)
11:30AM	Seeded 100M: VG (2H), VB (2H) (two heats of 8)



12:00 PM National Anthem

The Invitational athletes are separate from the Seeded athletes!

There will be no substitutes in these events if someone scratches.

12:10 PM Invitational 1600m – 1H VG and VB

12:30 PM Invitational 400m – 1H VG and VB

12:40PM Invitational 100m – 1H VG and VB

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

12:50PM Seeded 800M: VG (2H), VB (2H)

1:10PM Seeded 300IH: VG (2H), VB (2H)

1:22PM Seeded 200M: VG (3H), VB (3H)

1:34PM Seeded 3200M: VG, VB, (1 Heat each gender) (top 24 – no alternates)

2:06PM Seeded 4x800: VG, VB, (1-2 Heat each gender) (16/H—subject to change)

2:38PM Seeded 1600M RELAY: VB, VG (2 heat gender)

To follow: Coaches Relay- Not timed. Optional



FIELD EVENTS:

9AM START

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

(20 per event, no alternates)

Pole Vault: VG followed by VB

LONG JUMP: VG, followed by VB

TRIPLE JUMP: VB, followed by VG

HIGH JUMP: VG, followed by VB

SHOT PUT: VB, followed by VG

DISCUS: VG followed by VB,



To All Coaches and Athletic Directors,

Welcome to the 2024 Track and Field season. Our staff from Los Gatos High School is inviting your Track and Field teams to the Top 8 meet. The meet will be held at the track and field complex at Los Gatos High School on Saturday April 20th 2024. We look forward to your athletes once again competing at the highest level on our track and field facility.

We will continue with the format of 16 of the top event marks +8 non-guaranteed alternates for the Saturday meet. The cost of spectators is \$12 dollars for all adults and \$10 dollars for Students, seniors and children. Field events may expand to meet directors' approval.

Please note: we will attempt to livestream this meet

Information for Coaches: The 43th Annual "Top 8" Track and Field Classic will be held on Saturday, April 20th, 2024 on the Los Gatos High School Track. The meet previews our top athletes from the Central Coast Section area prior to their league, section and state meets. ALL ENTERING TIMES MUST BE ELECTRONIC to the thousandths of a second (no hand times accepted) and marks must be made this year, and appear on the athletic.net "Top Marks List" or on the www.lynbrooksports.com website for the Varsity Boys and Varsity Girls.

Meet will run on a rolling schedule when possible. 4x800 will be included this year this will be run in 2 heats, one for boys and one for girls. Please note there may be modifications to accommodate athletes.

New this year for TOP 8: We will include an **Invitational 100, 400 and 1600**. These will not be the same athletes from the earlier races and will be ONE heat each event. Due to the meet and program being streamed-Scratches on meet day will not be substituted in the invitational. Field events will have an Invitational for the long jump, triple jump, shot put and discus. In these events athletes will be given 3 attempts. **The Top 8** marks will enter into the **Field Event Invitational** and have an additional 3 attempts.

And for all you coaches **If time permits** – there will be a **TOP 8 Coaches 4 x100 relay**

Entry Standards:

The top submitted times or marks in each event in Varsity Boys, Varsity Girls will qualify. The Varsity Boys and Varsity Girls times and marks will be verified.

ENTRY FEES: \$15.00 per event for individuals and \$30.00 per relay team.

All “ENTRIES” must be submitted on www.athletic.net

Coaches must put their email and phone on athletic.net upon entering their athletes, in case, we have any questions concerning your entries. Entry Fees must be paid in advance or at the entrance gate.

Questions can be submitted through athletic.net after you register.

ENTRY DEADLINE: All entries must be received before 11:00pm, Sat. April 13, 2024

No updates after the entry deadline.

All coaches can verify entries Tuesday evening,

April 16th, 2024 on www.lynbrooksports.com. Entry Fees will be posted at www.lynbrooksports.com or www.athletic.net Tuesday, April 16th.

Implements and Poles will be weighed and verified

Spikes: 3/16 pyramids

Warm up area and staging: will be near Baseball field

No athletes or coaches allowed on the infield except where designated:

MAKE CHECK PAYABLE TO:

Los Gatos High School Track and Field

We will accept Cash, check or credit card at the gate:

Pay at the entrance gate or mail to:

Los Gatos High School

Attn: Ken Perrotti- Athletic Director

20 High School Ct., Los Gatos, Ca. 95030

GENERAL INFORMATION: (Coaches meeting will be held at 9:00am on meet day)

- Award medals to Top 6 place finishers/ Overall team trophy Boys and Girls
Podium presentation of medals
News Media Interviews for select winners
 - Scoring will be 10-8-6-4-2-1 point system
 - Admission: Adult \$12.00 Students and seniors \$10.00
 - Finish Lynx timing system on the finish line
 - Lane assignments will be seeded by best times and marks
 - Athletic Trainer will be available at the meet
- Custom T-Shirt and Sweatshirt Vendor onsite; Food and Concession stand will be open.

Coaches Hospitality area- Meet and greet your local coaches. No athletes allowed.

MEET DIRECTOR

Ken Perrotti 408-354-2730 ext 370 kperrotti@lgsuhsd.org or

Danny "Doc" Colton, coachdcolton@lgsuhsd.org

** Entering times must be electronic– NO HAND TIMES ACCEPTED Remember - "Top 8" Entry

Deadline - Sat. April 13 at 11:00pm

The meet has been moved to Saturday April 20th