

7th Annual Cupertino High/De Anza College Invitational

You are invited to the 7th Annual Cupertino High/De Anza College Invitational on Saturday March 21st, 2020.

The meet will be held on De Anza College Campus on its 9 Lane Rekortan full pour, state of the art track and field stadium.

General Meet Information

- This meet is a **Varsity Meet** with all of the field and track events run that are contested in the CCS meet with the exception of 400 hurdles instead of 300 hurdles, and we will also have Frosh/Soph Relays. Athletes **MAY NOT** compete in both a varsity event and a Frosh/Soph Relay. Relay member's names will be required in your entries.
- Field Events will begin at 9AM with running events beginning at **10AM**. A final time schedule will be set and sent out the week of the meet after all entries are submitted. Be aware that we may start earlier if the entries merit the change.
- Weigh-Ins for shot and discus will be from 8:00 AM – 9:30 AM.
- This meet will be held rain or shine, no refunds on entry fees.
- Frosh/Soph Relays will be held during the meet at times so Varsity runners may get some extra rest to get better times in second events.

Awards

- Medals will be awarded to the top 3 place winners in each event.
- Trophies or plaques will be awarded to the top Girls and Boys teams.
- Scoring will be 10-8-6-5-4-3-2-1 in each event. FS relays will not count in team scoring.

Entries

- Entries must be completed no later than Monday at 11:59 PM, March 16, 2020 on **ATHLETIC.NET**. Use marks from 2019 or 2020. Do not make-up marks.
- Use 300 hurdles marks for the 400 hurdles.
- All events will be contested best to worst, flights and heats.
- **We will accept an unlimited number of FS Relay entries.**
- **Please put your FS runners who are not usually a varsity runner during the season in these relays to keep the meet entries to a reasonable number.**
- We will try to accommodate all Varsity runners into the individual events and not have to cut anyone from the meet.

Entry Fees

- Entries will be \$5 dollars per individual per event and \$15 dollars per relay team entered. With a \$400 maximum per school. (Unlimited F/S relays may be entered per school, but only one varsity relay per school).

- Entry fees must be paid prior to the start of your schools first event competed in. Make checks payable to **Cupertino High School Track and Field**.
- Do not mail your check or cash. Bring your payment to the meet and submit it at check-in.
- Once you have entered an athlete in an event and the entry deadline has closed. Your school is responsible for that entry fee, whether or not the athlete competes.

Late Fees

- Late Entries will only be allowed if there is room in an event without making more heats. Late entries will also only be entered in available lanes. We will not reseed events for late entries.
- Late Entries will be \$15 per individual and \$30 per relay.

T-Shirts and Concessions

- A limited number of Cupertino High/De Anza College Invitational t-shirts will be available for sale the day of the meet for \$15 a piece.
- A concession stand will be running throughout the day.

Spectators and Parking

- All vehicles on campus will have to pay \$3 with the exception of Team Buses and School Vehicles.
- There will be a \$5 entry fee for spectators over the age of 10.

Race Day

- An official meet schedule will be sent out by Wednesday after event entries are closed. Athletes are required to check in at least 30 minutes prior to the start of the event. If a large number of scratches are occurring, we will try to consolidate heats to keep each event as competitive as possible, **but we will stick to the schedule and we will not run ahead.** Field events will check in directly at their event. All athletes must have their shoes with them when checking in to be allowed to compete. No longer than ¼” spikes will be allowed and pyramid and Christmas tree only. **NO NEEDLE/PIN spikes!**
- All events will be a final only. Field events will get 4 jumps in LJ and TJ; 4 throws in shot put and discus.
- High Jump and Pole Vault Opening heights will be determined by the entries and will be sent out by Wednesday with the official time schedule. We will set it so everyone has a fair chance at making a height within reason.
- All events will be competed under CIF high school rules.
- A certified coach authorized by your school must accompany your athletes at the meet.

Please contact: **Nick Mattis** – Head Track and Field/Cross Country Coach at De Anza College for further information and questions.

Email: mattisnick@deanza.edu (best way to get a hold of me)

Cell Phone: 309-255-9895 (for last minute emergencies or clarifications)

Running Events Order (final schedule to be determined after entries are completed)

Running events scheduled to begin at **10:00 AM**

4x100 VG – VB

4x100 FSG – FSB

1600 VG - VB

100 Hurdles – VG

110 High Hurdles – VB

400 VG – VB

FS Sprint Medley Relay (100,100,200,400) FSG – FSB

100 VG – VB

800 VG – VB

400 Hurdles VG – VB

FS DMR (800, 400, 1200, 1600) FSG – FSB

200 VG – VB

3,200 VG – VB

4x400 FSG – FSB – VG – VB

Field Events Order

9:00 AM Events

VG Pole Vault

VG Long Jump

VB Long Jump

10:00 AM Events

VB Discus (VG to follow time TBA)

VG Shot Put (VB to follow time TBA)

Event times to follow after entry numbers determined in 9:00 and 10:00 Events for:

VB Pole Vault

High Jump will be scheduled to start after the completion of both Pole Vaults

VG and VB Triple Jumps will be scheduled after the Long Jumps are completed.

Note: The meet schedule may be adjusted to start earlier if the entries merit the change. The final schedule with start times will be available a few days before the meet.

Also, as in the past we will try to get everyone that enters into the meet with in reason. However, meet management will make adjustments based upon time constraints. Remember, this is a varsity-based meet.

11/15/19