

CCS “TOP 8” TRACK & FIELD CLASSIC at LOS GATOS HIGH SCHOOL

FRIDAY, APRIL 17, 2020

The 42nd Annual “Top 8” Track and Field Classic will be held on Friday, April 17, 2020, 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 thousands 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. The top submitted times or marks in each event in Varsity Boys, Varsity Girls, and F/S Boys will qualify. The Varsity Boys and Varsity Girls times and marks will be verified. See the minimum entry times/marks standards sheet for a guideline in entering your athletes.

The F/S Boys will qualify only from the top entering times and marks from the current season. Coaches must use this season times and marks, not projected times or estimates. The F/S Boys must be entered in the same manner as the Varsity Boys and Varsity Girls.

ENTRY FEES: \$8.00 per event for individuals and \$20.00 per relay team. All “ENTRIES” must be submitted to www.directathletics.com

Coaches must put their email and phone on directathletics upon entering their athletes, in case we have any questions concerning your entries.

Entry Fees must be paid at the entrance gate.

ENTRY DEADLINE: All entries must be received by Direct Athletics before 9:00pm, Sat. April 11th. No updates after the entry deadline. All coaches can verify entries Tuesday evening, April 14, 2020 on www.lynbrooksports.com.

Entry Fees will be posted at www.lynbrooksports.com Tuesday, April 14. Make sure you enter your F/S Boys in the same manner as the Varsity Boys and Varsity Girls.

MAKE CHECK PAYABLE TO: Los Gatos High School. PLEASE PAY AT THE ENTRANCE GATE when you arrive at the meet. If you don't pay at the gate, then you can send to: Los Gatos High School , Attn: Athletic Director, 20 High School Ct., Los Gatos, CA 95030 (put on memo note - CCS Top 8)

GENERAL INFORMATION:

- * SCRATCH MEETING AT 2:45pm on Meet Day.
- * Award medals to Top 3 in each event.
- * Team Scoring will be 10-8-6-4-2-1 point system.
- * Admission: ADULTS \$6.00, STUDENTS \$2.00.
- * T-SHIRTS \$18.00, PROGRAMS \$2.00
- * Lane assignments are seeded by best times/marks.
- * Athletic Trainer at the meet.
- * Finish Lynx Timing at the Finish Line.
- * Concession Stand will be open.

MEET DIRECTORS

- Willie Harmatz (408) 206-9973 or (408) 354-7365 or willieharmatz@aol.com.
- Mike Dudley at trackdudley@aol.com

**REMEMBER ** Entering times must be electronic—
NO HAND TIMES ACCEPTED and the CCS Top 8 Entry
Deadline will be Sat. April 11th at 9:00pm.**

- * See Time Schedule below.

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FRIDAY April 17, 2020 at Los Gatos H.S.

FIELD EVENT TIME SCHEDULE

- 2:00 - Varsity Girls Pole Vault**
- 3:00 - Varsity Boys Discus**
- 3:30 - F/S Shot Put**
- 3:30 - Varsity Girls Triple Jump**
- 3:30 - Varsity Boys Long Jump**
- 3:40 - F/S High Jump**
- 3:40 - Varsity Boys Pole Vault**
- 4:10 - Varsity Girls Discus**
- 4:45 - Varsity Boys Shot Put**
- 4:50 - F/S Triple Jump**
- 4:50 - Varsity Girls Long Jump**
- 5:00 - Varsity Girls High Jump**
- 5:20 - F/S Discus**
- 5:35 - F/S Pole Vault**
- 6:00 - Varsity Girls Shot Put**
- 6:10 - Varsity Boys Triple Jump**
- 6:10 - F/S Long Jump**
- 6:20 - Varsity Boys High Jump**

Athletes get 3 attempts with the Top 8 get 3 additional attempts in SP/Discus/LJ/TJ. Athletes must check in 15 minutes prior to the event starting, even in Flight 2. If in a field event & running event, must tell the judge leaving/returning. If not, their turn will scratch that attempt, then be allowed to make up that attempt only if event if not over

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Running Events Time Schedule

3:30 - Middle School Girls 1600 Invite

3:45 - 4x100 Relay - Varsity Girls, Varsity Boys, F/S

4:00 - 1600 - Varsity Girls, Varsity Boys, F/S

4:45 - 100 LH - Varsity Girls

110HH - Varsity Boys

65 HH - F/S Boys

5:15 - 400 - Varsity Girls, Varsity Boys, F/S

5:40 - 100 - Varsity Girls, Varsity Boys, F/S

6:05 - 800 - Varsity Girls, Varsity Boys, F/S

6:35 - 300LH - Varsity Girls, Varsity Boys, F/S

7:05 - 200 - Varsity Girls, Varsity Boys, F/S

7:35 - 3200 - Varsity Girls, Varsity Boys, F/S

8:25 - 4x400 Relay - F/S, Varsity Girls, Varsity Boys

All Running Events - Fast Heat First.

All track athletes must check-in least 20 minutes prior to the event at the clerk. If not by final call, the alternates will be put in.

CCS Top 8 Minimum Time/Marks Standards

Time times are seeded in the fast heat and will be run first. These standards are fairly close cut-off times and marks in past years, but are only general guidelines to follow. If they meet the standard below, it doesn't mean they have made it in the meet, for we will take the Top 24 in each division in 100-200-400, Top 16 in the Hurdles-Relays, Top 24 in the 800, Top 36 in the 1600, Top 24 in the 3200, Top 20 in LJ-TJ-SP-Discus, Top 14 in the HJ-PV.

100 Meters - 11.44-VB, 13.02-VG, 12.00-F/S

200 Meters - 23.60-VB, 27.40-VG, 24.60-F/S

400 Meters - 52.40-VB, 63.0-VG, 56.10-F/S

800 Meters - 2:03.00-VB, 2:28.00-VG, 2:10.00-F/S

1600 Meters - 4:35.00-VB, 5:29.0-VG, 4:50.0-F/S

3200 Meters - 9:59.90-VB, 11:58.00-VG, 10:30.00-F/S

110 Hurdles - 16.80-VB, 17.80-VG, (65HH) 11.00-F/S

300 Hurdles - 43.30-VB, 50.50-VG, 47.80-F/S

4x100 Relay - 45.90-VB, 52.80-VG, 47.90-F/S

4x400 Relay - 3:40.00-VB, 4:24.00-VG, 3:50.00-F/S

Shot Put - 45'00"-VB, 32'00"-VG, 38'00"-F/S

Discus - 132'00"-VB, 96'00"-VG, 98'00"-F/S

High Jump - 5'10"-VB, 5'00"-VG, 5'6.5"-F/S

Long Jump - 20'6"-VB, 16'00"-VG, 18'00-F/S

Triple Jump - 40'10"-VB, 33'4"-VG, 37'00"-F/S

Pole Vault - 12'0"-VB, 9'6"-VG, 9'6"-F/S

All times and marks must be done this year, and must appear on athletic.net. The times must be electric. F/S Boys times and marks also have to be electric, but do not need to be on a Top Times list. Entry Deadline - Saturday, April 11th at 9:00pm.