



Claremont Novice Trials

Saturday March 3, 2012

9:30 am start time

Philosophy of the meet: This meet is for athletes participating in high school track for the first time regardless of grade level. (All 9th grade athletes are considered new athletes even if they have competed in age level meets.) It gives coaches an early season look at their new athletes under competitive conditions. New athletes will have the opportunity to compete without the stress of going up against experienced athletes. **No returning athletes please.**

Location/facility: Claremont High School's 9-lane urethane track & field facility.
Please no spikes longer than 1/4 inch maximum allowed on facility.

Directions: From 210 freeway, exit Towne Ave, south to signal (Scripps) left to end (5 blocks) at Indian Hill, right to Claremont High School signal, right into parking lot. From I-10 freeway, exit Indian Hill Blvd. North approx 4 miles (past Foothill) to Claremont High School signal. Left into parking lot.

Time: Start at 9:30 am. We will use a sequence schedule. See next page for order of events.

Entries/fees: Entries will be by purchasing event labels on the day of the meet for \$5 per athlete. (4 events max per athlete) (maximum \$175 entry fee per school) Make Checks payable to **Claremont High Track.** Please bring check to the meet as we will not allow athletes to compete until entry fees are paid. No exceptions. Receipts for entry fees will be available.

So we can plan on an appropriate number of athletes, we request that you let us know approximately how many you expect to bring by email at : jancona@chs.cusd.claremont.edu by February 19th, 2012. Please try to include an excel attachment of the athletes that will be competing for you that day.

Seeding: Athletes will report to the start area at the last call for each event and will be randomly assigned flights. An attempt will be made to keep athletes competing against their own grade levels.

Results: Times/marks will be available for every athlete in every event. Running events will be fully-automatically-timed with Finishlynx. First three finishers in each flight will receive award ribbons.

Snack Bar: will be available on site.

Claremont Novice Trials order of events:

Running events

9:30 start

Girls 1600 meters

Boys 1600 meters

Girls 100m hurdles (30")

Girls 100m hurdles (33")

Boys 110m hurdles (36")

Boys 110m hurdles (39")

Girls 400 meters

Boys 400 meters

Girls 100 meters

Boys 100 meters

Girls 800 meters

Boys 800 meters

Girls 300m hurdles (30")

Boys 300m hurdles (36")

Girls 200 meters

Boys 200 meters

Girls 3200 meters

Boys 3200 meters

Field events

9:30 start

Boys and girls long
jump (2 pits)

Boys shot put

10# Frosh/Soph only
followed by 12#

(note: athlete may
compete in ONE)

Girls high jump

Boys pole vault

Girls discus throw

Later start

Boys & Girls triple
jumps follow LJ

Boys discus throw
follows girls

Girls shot put follows
boys

Girls pole vault follows
boys

Boys high jump follows
girls