



CLOVIS EAST HIGH SCHOOL 1st ANNUAL



FROSH/SOPH WEST COAST RELAYS MARCH 30, 2012

Enclosed you will find meet entry information for the 1st Annual Frosh/Soph West Coast Relays. This year the meet will be held on **Friday, March 30, 2012** at Clovis East High School in Clovis, CA.

To avoid any confusion, please read all of the information before filling out and sending in your entries.

Meet Entry Information:

1. **Schedule:** Please review the time schedule. We will try to keep the meet moving and on time.
2. **Marks:** When entering marks for Invitational events use athlete's best time, This Year's Marks only. It is difficult to place any athlete in his/her proper flight/heat without this mark. **Athletes without a mark will be seeded last in open events and not at all in invitational events. Regardless of ability.**
3. **Entries:** All entries need to be done online at www.episports.com by **Tuesday, March 27, 2012 at 7:00pm. Invitational events will be limited to the top 18 in all laned events and 20 in non-laned and field events. List of Invitational events are (400 R, 1600 R, 1600, 100, 400, 100/110 hurdles, Discus, Pole Vault, Long Jump).** All other events are open and each school can bring up to four (4) in each event. These entries need to be done on www.episports.com as well. We do this for the purpose of seeding. All Four (4) athletes from your team will get to compete no matter their ability level in all open events.
4. **Opening Heights:** Pole Vault (Girls=7'0"/Boys=8'0")
High Jump (Girls=4'3"/Boys=4'9")
5. **Minimum Throws:** Shot (Girls=25'0"/Boys=30'0") since the shot is an open event any throws shorter than the minimum will not be marked to save time.
6. **Minimum Times:** Since we have a large number of teams we need to put a limit on the **3200 M.** We will limit your 3200M runners to only runners who meet these criteria. **Boys < 12:30, Girls < 14:00**
7. **In Invitational events there are three entries per school per event and one relay team per school, per event (except the 1600, and Pole Vault will get 4 entries per school). The fastest 18 times in all the laned events will make it in the meet. The best 20 marks in the non laned and field events will make it in the meet.**
8. In field events, (TJ, LJ, SP, and Discus) each athlete will receive 4 attempts. **No Finals!**
9. You will be notified during the week of the meet regarding the status of your entries. If you do not receive an email by noon of Thursday, March 29 confirming your entries, please contact Dustin Marzolf at (559) 970-1384 or via email at dustinmarzolf@cusd.com immediately.
10. **Fees:** Entry fees are \$6.00 per athlete per individual event and \$10.00 per relay team. For those schools with large number of entries, meet management has instituted a maximum entry fee of \$200.00. Please make checks payable to **Clovis East High School Track and Field.**
11. **Awards:** T-shirts will be given to 1st, 2nd, and 3rd place of all individual races and T-shirts to only the first place team of each relay.
12. **Results:** Finish Lynx automatic timing will be used and results will be posted on the C-Train next to the Finish Line as the meet goes on. Also we will be using a display clock with our timing system.

The Clovis East High School Track and Field Program looks forward to having your team attend our meet. We are now preparing to put on a very successful meet that you will be happy to attend many years to come.

Thank you for your interest in our meet, and good luck with you upcoming season.

Meet Director:
Dustin Marzolf
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