



5th ANNUAL

Saturday - March 7, 2009

Hornet Stadium

***Host site: 2000 & 2004 Olympic Trials
2003, 2005-07 Outdoor NCAA Track
Championships***

- MEET:** Sacramento State High School Track Classic
- DATE:** Saturday, March 7, 2009
- WHERE:** Hornet Stadium, Sacramento State University
Host of the 2000 & 2004 US Olympic Trials and the 2003, 2005-07 NCAA Division I Outdoor Track & Field Championships
- FACILITIES:** Hornet Stadium is furnished with a 400 meter MONDO surface. The horizontal jumps and javelin approach are also made of MONDO. On all MONDO surfaces, the required spike length and type, is ¼ inch pyramid or xmas tree spikes. **NO needle spikes are permitted.** The throwing circles are of brushed concrete.
- WARM-UP AREA:** **All general warm-ups must be conducted on the competition track infield.**
- EVENT CHECK-IN:** All running event/relay teams must check-in with the clerk of the course 30 minutes prior to the event. Field event competitors will check-in at the respective event site at least 45 minutes prior to event.
- TIMING:** Fully automatic timing with Finish Lynx.
- ADMISSION:** Adults \$5.00, Youth (ages 2-17) \$3.00.
- EVENTS:** See event schedule on last page of this document. Two Divisions available: Boys / Girls. Athletes of any grade may be entered.
- ENTRIES:** Entries will be submitted through the athletic.net website. **Only schools that have been confirmed by the meet director will be allowed to enter and compete! Contact Terry VanLaningham at trackcc@csus.edu immediately if your program is interested in participating.** We are limiting the number of schools to approximately 25.

* For confirmed teams that do not already have an Athletic.net account please visit the following link: <http://www.Athletic.net/Wizard/>.

ENTRY DEADLINES: Entry Deadline is **Tuesday, March 3** at 11:59pm (midnight). No new entries or changes will be accepted after this time. No changes or additions will be accepted the day of the meet.

ENTRY FEES: \$200.00 per school / \$100 for single gender teams. Please email Terry VanLaningham at trackcc@csus.edu for entries of less than 10 athletes per gender. **ENTRY FEES ARE DUE ON OR BEFORE THE MEET.** Fees that are not paid on time will forfeit their participation in the meet. If you are mailing your payment, please be sure you allow for enough time for it to arrive by March 6! **Mailed entry fees must be received by March 6! NO EXCEPTIONS!** Make checks payable to: **JESUIT HIGH SCHOOL.**

MAIL TO: Attn: Terry VanLaningham
Sacramento State Track & Field
6000 J Street
Sacramento, CA 95819-6099

AWARDS: The first three teams in each relay event will receive medals. Top 3 individuals in open races and field events will also medal. **Awards should be picked up after the meet by a designated coach from each school.**

RULES: This meet will be governed by California High School Rules. This is a non-scored meet.

TEAM PACKETS: Team Packets should be picked up starting at 8:00am at the ticket booth outside Hornet Stadium Southeast Entrance. Entry fees must be paid to receive your team packets. **Athlete and Coach's wristbands will be included in the meet packet.** Hip numbers will be issued at clerk's tent for all running events.

WEIGH INS: Weigh-ins are between 8:00am to 10:30am location TBA.

MINIMUM MARKS: Each athlete will have their first legal mark measured. Any mark thereafter needs to meet the minimum distance to be measured.

	<u>LJ</u>	<u>TJ</u>	<u>SP</u>	<u>DT</u>
BOYS	18' 0"	37' 0"	39' 0"	115' 0"
GIRLS	13' 6"	26' 0"	28' 0"	75' 0"

RESULTS: Results will be posted outside the fieldhouse during the meet. Complete results will be available online at www.hornetsports.com and submitted to DyestatCal, and Athletic.net.

TEAM TENTS: Team tents will only be allowed in the **East grandstand above row 20**. NO tents in the West grandstand please.

PARKING: Team parking will be located in **lot 10** south of the stadium.

RESTROOMS: Restrooms will be available behind stadium bleachers. Locker room facilities will NOT be available. NO showers available.

TRAINING ROOM: Athletic training services will be provided and located at the southwest corner of the fieldhouse.

MERCHANDISE & CONCESSIONS:

Both concessions and merchandise will be available. Commemorative Sacramento State HS Relay tee shirts will be sold. Specific information about shirts will be provided to you as we get closer to the meet.

TIME SCHEDULE: Heats and flights will be posted on www.hornetsports.com no later than Friday, March 6 by noon. Calls for the field events will be made on stadium PA system.

**5th Annual Sacramento State High School Track Classic
March 7, 2009**

<u>Time:</u>	<u>Order of events:</u>	<u>Gender</u>	<u>Entry Limit</u>
9:45am	4 x 100m Relay	Girls	1
	4 x 100m Relay	Boys	1
	1500m	Girls	4
	1500m	Boys	4
	100mh	Girls	3
	110mh	Boys	3
	400m	Girls	3
	400m	Boys	3
	100m	Girls	3
	100m	Boys	3
	800m	Girls	4
	800m	Boys	4
	300mh	Girls	3
	300mh	Boys	3
	200m	Girls	3
	200m	Boys	3
	3000m	Girls	4
	3000m	Boys	4
	Casey Griffin 4 x 400m Relay	Girls	1
	Casey Griffin 4 x 400m Relay	Boys	1

FIELD EVENTS BEGIN AT 9:45am

<u>Start Time:</u>	<u>Order of events:</u>	<u>Gender</u>	<u>Entry Limit</u>
10:00am – 12:00am	Shot Put (Open Ring)	Girls	3
	Shot Put (Open Ring)	Boys	3
10:00am	Pole Vault	Girls	3
	Pole Vault	Boys - after girls pole vault	3
10:15am – 12:30pm	Long Jump (Open East Pit)	Girls	3
	Long Jump (Open West Pit)	Boys	3
11:00am	High Jump	Girls	3
	High Jump	Boys - after the girls HJ	3
1:00pm – 3:30	Discus (Open Ring)	Girls	3
	Discus (Open Ring)	Boys	3
1:15pm - 3:00pm	Triple Jump (Open East Pit)	Girls	3
	Triple Jump (Open West Pit)	Boys	3