

2010 Ventura County Track and Field Championships Friday, April 30th, 2010

Entries

Entries are due on Thursday April 22nd, at 11:59PM., Via E-mail in Hy-Tek Meet Manager Program. A maximum of 3 athletes per school per event will be allowed using the current printed standard as a guideline. Participating schools will enter those athletes' deemed qualified to participate whereby the best three marks will be considered for entry into the invitational, seeded, and rated meet. Heats will not be reseeded after Wednesday April 28th at 7:00PM. Top six in invitational heat will be named all Ventura County. **Entries need to be emailed to theorst@roadrunner.com**

Contact Information:

Rob Dearborn Cell 208-4842, Home 523-3239, School 517-2145

Terry Hearst Home 552-4842

Entry Fee

The entry fee for Boys and Girls team is \$275.00 or \$15.00 per individual. The fee is payable to **VCTFCCA**. Mail to Tyree Cruz 402 Aliso St. Ventura 93001

Scratch Meeting

The scratch meeting is set for Monday, April 26th at 7:00PM., in the Moorpark High School Library. As agreed by county coaches, no ads will be performed after the scratch meeting.

Divisions

There are 3 divisions for the championship meet. The Top 9 will compete in the invitational, the next 9 will compete in the seeded division, and the last 9 will compete in the rated division.

Awards

Top 6 medal in the Invitational Division. Their medals will be awarded immediately following their event on the 50-yard line. Top 5 medal in the seeded division and top 3 in the rated division medal. They will receive their medals from their coach at the conclusion of the meet.

Officials

Every school is responsible to work for the success of the meet. Please have a minimum of 2 adults assigned to event, with 2 student helpers. Refer to the attached "officials work assignment sheet for your schools assigned responsibility. **The County Coaches association will assess a \$100.00 fine to any program that does not cover their event.**

Admissions

Adults/Students \$5.00 Children 12-6 \$3.00 and under Free

Special Awards

Please email nominations to Rob Dearborn at rdearborn@mrpk.org.

Ballots will be handed out at the beginning of the meet; they need to be turned in to the press box by the 4 x 1600. Announcements will be made at the conclusion of the meet.

Male and Female

Athlete of the Year

Field Athlete of the Year

Sprinter of the Year

Distance Runner of the Year

Coaching Staff of the Year

Meet Assignments

Assignments	School
Meet Director	Rob Dearborn, Moorpark High School
Meet Entries	Terry Hearst, Royal Results
Clerk of Course	Moorpark
Jury of Appeals	Oak Park, Rio Mesa, Newbury Park
Announcer	Nordhoff
Medals	Newbury Park
Meet Program	Moorpark
Back Up Timing	Royal/Moorpark
Electronic Timing	Moorpark, Royal Results (Terry Hearst)
Starting Blocks	Oak Park/Hueneme
Lane Markers	Malibu/Pacifica
Wind Gage	Moorpark
Hurdle Crew	Ventura/Buena
Field/Gate Supervision	Channel Islands/Santa Clara/Oxnard
Zone Judges	La Reina/Fillmore/Simi Valley/ Santa Paula
Posting	Newbury Park
Award Stand Medals	Royal
Track Judges	Westlake/Calabasas
Long Jump Boys	Agoura
Long Jump Girls	Simi Valley
Triple Jump Boys	Oaks Christian
Triple Jump Girls	Thousand Oaks
High Jump Boys	Camarillo
High Jump Girls	Royal
Pole Vault Boys and Girls	Moorpark
Shot Put Boys and Girls	Rio Mesa
Discus Boys and Girls	St. Bonaventure
Entry Fees	Ventura

ORDER OF EVENTS

Running Events Times (Approximate)

Please report scratches to the clerk of the course.

The heats will run in the following order: Seeded, Rated, and Invitational

Time	Division	Event
4:00	Girls	4 X 800
4:15	Boys	4 X 800
4:25	Girls	4 X 100
4:40	Boys	4 X 100
4:55	Girls	1600
5:20	Boys	1600
5:35	Girls	100 Hurdles
5:45	Boys	110 Hurdles
5:55	Girls	400
6:05	Boys	400
6:15	Girls	100
6:20	Boys	100
6:30	Girls	800
6:40	Boys	800
6:55	Girls	300 Hurdles
7:10	Boys	300 Hurdles
7:20	Girls	200
7:30	Boys	200
7:40	Girls Rated/Seeded	3200
7:55	Boys Rated/Seeded	3200
8:10	Girls Invitational	3200
8:25	Boys Invitational	3200
8:35	Girls	4 x 400
8:50	Boys	4 x 400

Field Events Order of Events

Shot Put

2:30 Boys Rated, followed by Boys Seeded, followed by Boys Invitational

4:30 Girls Invitational, followed by Girl Seeded, followed by Girls Rated

Discus

2:30 Girls Invitational, followed by Girls Seeded, followed by Girls Rated

4:30 Boys Rated, followed by Boys Seeded, followed by Boys invitational

Pole Vault

2:30 Girls Invitational Opening Height 7'0

3:30 Boys Invitational Opening Height 9'0

5:00 Boys Seeded/Rated Opening Height 9 Feet

6:30 Girls Seeded/Rated Opening Height 6'6"

Long Jump

3:30 Girls and Boys Rated, followed by Girls and Boys Invitational

Triple Jump

5:45 Girls and Boys Rated/Seeded, Followed by Girls and Boys Invitational

High Jump

3:00 Boys Invitational, followed by Boys Seeded, followed by Boys Rated Op. Ht. 5' 6"

5:30 Girls Rated, followed by Girls Seeded, followed by Girls Invitational Op. Ht. 4'6"

County Entry Rules: Athletes who are entered need to be on the county top marks list for that event by the entry/update deadline. A maximum of **three** athletes per school may be submitted for entry into each event. The number of competitors for the events will be 27 for all but the 1600/3200, which have 36 entries. No "B" teams are accepted for relays.

An alternate list will be accepted to fill in fields where needed. These athletes' names are sent separately from regular entries.

Ventura County Championships Qualifying Standards

Boys	Event	Girls
11.88 Fat Only	100 Meters	13.44 Fat Only
24.24 Fat Only	200 Meters	28.24 Fat Only
54.50	400 Meters	65.50
2:06.00	800 Meters	2:35.00
4:48.00	1600 Meters	5:48.00
10:30.00	3200 Meters	12:55.00
17.00	110/100 High Hurdles	18.00
44.50	300 Hurdles	54.00
No Qualifying	4 X 100	No Qualifying
No Qualifying	4 X 400	No Qualifying
No Qualifying	4 X 800	No Qualifying
19-0	Long Jump	14-6
38-0	Triple Jump	29-0
5-8	High Jump	4-8
9-6	Pole Vault	6-6
41-0	Shot Put	29-0
110-0	Discus Throw	80-0

Coaches must submit athlete marks on the VCCCTFCA website. Only marks submitted by coaches are acceptable. All Athletes marks must be submitted to qualify for the Ventura County Championships. Contact Robert Lopez for more information.