

**2009 BELLA VISTA BRONCO TRACK AND FIELD INVITATIONAL
MEET DAY INFORMATION**

When: Saturday, March 28 2009

Where: Bella Vista High School
8301 Madison Avenue
Fair Oaks, CA 95628

Admission: Students (w/SBC) \$3.00
Seniors \$3.00
Adults \$5.00
Children 12 & under Free

Time Schedule: See schedule of events provided in team packet.

Facilities Requirements: All weather track and jump runways (aprons) require ¼ inch spikes (NO EXCEPTIONS). Spikes will be on sale at the concessions stand.

Clerk of the Course: All running event competitors must check in with the Clerk of the Course for their individual and relay races. The Clerk of the Course is located at the northwest corner of the track. Athletes in running events must contact the Clerk of the Course to receive lane assignments.

Nametags and Hip Numbers: All athletes in a **running** event must have a nametag and hip number to compete. Nametags can be found at the nametag clerk area adjacent to the running clerk (see map in team packet). Instructions on how to fill out nametags are on the front of the team packet envelope.

Notes for Awards Presentations: Individual and relay medals for the top six (6) placements for each event will be handed out at the awards area near the northwest corner of the track. Athletes and relay teams must sign for and pick up their awards no later than fifteen (15) minutes after completion of the final track or field event. Plaques will be presented to any athlete who breaks a meet record. Team trophies will be presented following the conclusion of the meet.

Event Results: Results for each track and field events will be posted on results boards adjacent to the awards area near the northwest corner of the track. The will be posted on www.bvtrack.com approximately 2-3 hours after conclusion on the meet.

Finish Lynx: We will be using a Finish Lynx timing system.

Team Scoring: For the divisional team championships, all track and field events will be scored through six (6) places on a 10-8-6-4-2-1 basis.

Track Event Trials and Multiple Heat Finals: Finalists in the 100 meters (all classifications), 200 meters (all classifications), frosh-soph 110 meter high hurdles, varsity girls 100 meter hurdles, and varsity boys 110 meter high hurdles will be determined based on **time** from the morning trials. In the event of a Finish Lynx failure, hand-held times from all of the event trial heats will be used to advance individuals to the finals. For multiple heat finals, individual times from each heat will be used to determine the event medalists.

Field Event Trials: Field event contestants (e.g., long jump, triple jump, shot put, discus) will receive three (3) attempts. The top seven (7) will receive three (3) more in the finals.

Opening Heights: The following will be used:

Open High Jump: Varsity Boys – 5'4"
Varsity Girls – 4'0"
Frosh/Soph Boys – 4'8"

The high jump bar will be raised 2" until seven (7) or less competitors remain, then 1" for the remainder of the competition. Rotating flights of three (3) will be used.

Pole Vault: Varsity Boys – 9'0" Varsity Girls – 7'0" Frosh/Soph Boys – 8'0"

The varsity boys pole vault bar will be raised 1 foot until 11 feet then 6" there after. The Girls bar will be raised 1 foot until they reach 8 feet then 6" and the frosh/soph boys will be raised 1 foot until the bar reaches 10 feet then 6". Rotating flights of five (5) will be used.

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Minimum Measuring Distances: The following distances must be achieved in order for an official measurement to be made:

Long Jump:	Varsity Boys – 17' 0" Varsity Girls – 12' 0" Frosh/Soph Boys – 15' 0"
Triple Jump:	Varsity Boys – 35' 0" Varsity Girls – 26' 0" Frosh/Soph Boys – 32' 0"
Shotput:	Varsity Boys – 38' 0" Varsity Girls – 24' 0" Frosh/Soph Boys – 32' 0"
Discus:	Varsity Boys – 90' 0" Varsity Girls – 60' 0" Frosh/Soph Boys – 70' 0"