

## CYO Track & Field 2015

### Regionals

- Sat 4/25 Notre Dame H.S., Sherman Oaks  
13645 Riverside Drive, Sherman Oaks, CA 91423  
8:30 AM – Doors open  
10:00 AM – Meet begins  
Notes: No parking north of Huston. Water only on the field. Enter on Sunnyslope. Please be respectful of the neighborhood and do not block driveways.
- Sun 4/26 Damien H.S., La Verne  
2280 Damien Ave., La Verne, CA 91750  
10:30 AM - Doors open  
12:00 PM - Meet begins
- Sun 4/26 St. Paul H.S., Santa Fe Springs  
9635 Greenleaf Ave. Santa Fe Springs CA 90670  
10:30 AM - Doors open  
12:00 PM - Meet begins

### Preliminaries

- Sun 5/3 St. Paul H.S., Santa Fe Springs  
9635 Greenleaf Ave. Santa Fe Springs CA 90670  
10:30 AM - Doors open  
12:00 PM - Meet begins

### Finals

- Thurs 5/7 St. Paul H.S., Santa Fe Springs  
9635 Greenleaf Ave. Santa Fe Springs CA 90670  
4:00 PM- Doors Open  
5:00 PM - Meet begins

\*Please let all spectators know there will be a \$5.00 entrance fee for all adults (9<sup>th</sup> grade and older). K-8<sup>th</sup> grade students free. No charge for clergy, teachers or certified CYO coaches with proper identification.

\*\*Team set up areas may vary from location to location. You will be advised at check in where your team can set up.

### Rule Notes

Each school may enter three (3) competitors into each event at the Varsity & B Level

Each school may enter twelve (12) competitors into the 50 m and ten (10) in the javelin throw at the “C” level; four (4) competitors in the 400 m at the “C” level, and two (2) 4 x 100 relay teams at the “C” level.

Points will be awarded for the javelin in the “A” and “B” division this year.

Order of events is attached.

### Advancing to Prelims & Finals

The top eight (8) competitors at each Regional in the Varsity and “B” level will advance to the Prelims. The top eight (8) competitors at the Prelims in the Varsity and “B” level will advance to the Finals. **The 9<sup>th</sup> and 10<sup>th</sup> place finishers in individual events at the Prelims will be considered alternates for the Finals. If one or two of the top 8 finishers in an event does not wish to participate in the Finals, then the alternates will be allowed to compete. A maximum of 8 competitors will be allowed for each individual event. The alternates are invited to attend the finals, but not guaranteed they will participate.**

“C” athletes will not advance beyond the Regionals. 1<sup>st</sup>-3<sup>rd</sup> place & participation ribbons will be awarded for each “C” heat.

### Worksheets & Labels

Attached and available for download on our website are Entry Worksheets and labels. Each should be filled out prior to the meet ensure everything runs smoothly.

#### Worksheets

There is one worksheet for each level. Enter the names of your athletes under the events they will be participating in. This is not an official document and the athletes need not compete exactly as you list them. However completing the worksheet will help you stay organized and help the meet run smoothly.

#### Labels

Each athlete will be required to wear a label listing his name, school, event, and level. This may be filled out on the day of the event but again it will be much easier for all involved if it is done prior to the meet. Attached and posted is a label template that can be used. We will also provide labels on the day of the event.

### Team Rosters

To ensure accuracy of participant's names, gender and level, each school/coach needs to electronically fill out the forthcoming Excel document and email it back to Ron Hill at [2015cyomeet@runninthings.com](mailto:2015cyomeet@runninthings.com) and Jamie DeRose at [jderose@ccharities.org](mailto:jderose@ccharities.org) . Include **all** potential athletes that may participate in the track meet. The form needs to be filled out exactly as specified. The information will be imported into a database and used for the day of the meets. You do not need to indicate which events the participants will compete in.

**THIS FORM IS DUE BACK TO RON HILL AND CYO BY 3/31/15. (REVISED DATE)**

### Volunteers

Each school will be required to provide one adult volunteer (age 18 or older) to help with the meet. Volunteers should arrive no later than 30 minutes prior to the start of the meet at which time they will be assigned a role.

### Registration

To reserve a spot for the regionals, complete the attached registration form and return it to our office as soon as possible. Venue choice will be granted on a first come first serve basis. **REGISTRATION DEADLINE IS FRIDAY, MARCH 27<sup>TH</sup>.**

Please note the # of participants you list need not be 100% accurate but it will be used for planning purposes so please give your best estimate. If you go to the CYO office to pre-pay and pick up your packet, you will receive a wristband for each participant you pay for. If you don't pre-pay, you can still pay the day of the event, but be prepared to wait in line. Each school must pay \$5/participant to compete payable by cash or check.

### Pre-Payment/Fees

While no payment will be accepted through the mail, starting **Monday April 20th** you may come to the CYO Office to pre-pay and pick up your bracelets. Refunds will be given on the day of the event for any unused bracelets and additional bracelets can be purchased that day as well. Please call ahead to make sure someone is in the office when you plan on coming.

Each athlete must pay \$5 to compete payable by cash or check. Each paid athlete will receive a wristband without which they will not be allowed to compete.

If you plan on using a credit you have from prior seasons for all or part of your track fee you must notify the CYO office in writing prior to the event via email or fax. If you do not do so you will not be able to apply the credit to the fees and will have to pay in full at the event.

**DO NOT MAIL PAYMENT!!**