

## 2011 Dick Wilkins Frosh/Soph Invitational

- Date:** Saturday, April 30th
- Site:** El Capitan High School
- Awards:** First 6 places for all invitational events, First 3 for all “Open” events.  
Plaques awarded to team champions and athletes of the meet in each division.
- Events:** All traditional C.I.F. events will be contested, as well as a distance medley. “Open” events will be held prior to the invite section. Open events are as follows: 4x100, 1600, 100/110H, 800, 100, 300H, Distance Med.  
Jumping events will be run “open pits.” Athletes will need to get their jumps in the allotted time.
- Meet Entry:** Entries will be entered through Milesplit.com at the following Link: <http://ca.milesplit.com/meets/90213/> . **If you are not familiar with the milesplit system please start here:** [http://www.milesplit.com/pages/Online Meet Reg Instructions](http://www.milesplit.com/pages/Online_Meet_Reg_Instructions)
- Qualifiers:** Straightaway races – Top 8 verified marks in invitational events; next 8 verified marks in the seeded events.  
4 x100 & 4 x 400 Relays – Top 8 verified marks in invitational; next 8 verified marks in the “Open 4x100.” There will be no open 4x400.  
Lane Turn Races – Top 8 verified marks in invitational events; next 8 verified marks in the seeded events.
- Facilities:** 8 Lane all-weather track and runways.
- Spikes:** **\*No spikes over 3/16<sup>th</sup> will be allowed on the track or the runways\*** Spikes will be available for sale at the concession stand for \$1.50 per set.
- Qualifiers:** A complete list of those who qualified for each event will be posted no later than Saturday, April 23rd on [www.sdtrackmag.com](http://www.sdtrackmag.com) and [www.vagtrack.com](http://www.vagtrack.com) for review by athletes and coaches. **THE SCRATCH DEADLINE IS MONDAY, APRIL 25<sup>th</sup> AT 7:00PM.**
- Entry Deadline: Friday, April 22<sup>nd</sup> @ 9PM PST. – NO EXCEPTIONS WILL BE MADE**
- Entry Fees: \$8.00 per accepted individual, \$16.00 per relay(alternates no fee).  
Due when you pick up meet packets  
School Checks, Personal Checks, Cash accepted.**
- Fax:** No Faxes This Year!  
**Phone:** (619)339-7502  
**E-mail:** nighthawkstrack@gmail.com

## **2011 Dick Wilkins Frosh/Soph Invitational Information**

-Finish Lynx Electronic timing systems will be used for all track races.

-Any scratching of athletes must be made no later than Monday, April 25<sup>th</sup>, at 7:00 pm. Scratches need to be e-mailed to [nighthawkstrack@gmail.com](mailto:nighthawkstrack@gmail.com).

-Medals will be handed out on the infield directly following the race for track races. Field event medals will be handed out by the event officials directly after the event is ruled as completed.

-Any athlete that fails to reach the check-in area by the third call will be scratched and replaced by the first alternate. Relays may check-in without all 4 member of the team. However, if all 4 members are not present at the time the teams are led to the starting line, the team will be scratched and replaced by an alternate team. *If your athlete is an accepted entry into the long jumps, he/she must be present at check-in a half hour prior to event start time. This year, EVERYONE that is not present at check-in will be SCRATCHED! ZERO Exceptions!*

**This year's meet will run like the State Championship meet and institute the "honest effort" rule. Using the honest effort rule seemed to eliminate many of the issues with scratches etc. for years past.**

Honest Effort Rule:

Competitors who have qualified for and been entered into more than one event, must honestly participate in the event for which the athlete is declared or the athlete will be barred from further competition in the meet.

Note 1: It is understood that passing on attempts in vertical jumping events is a strategy in those events and is not considered a question of honest effort.

Note 2: Athletes may appeal a disqualification on the grounds of "Hardship" to the Referee/Games Committee/Jury of Appeals.

**It is perfectly acceptable to enter your athletes in all the events they may get into without knowing which ones they will qualify in. However, if the athlete qualifies in multiple events that he/she does not intend to participate in, the scratches must be made by the coach on or before the above stated deadline! If the scratch is not made by the deadline, that athlete must compete in ALL of the events he/she has qualified or be barred from further competition in the meet.**