



North Coast Track Extravaganza 2018

Meet Date: Saturday, March 10, 2018

Meet Site: Montgomery High School, 1250 Hahman Drive, Santa Rosa

Meet Time: First Event at 9:00am

Entries Due Date: Sunday, March 3, 2018, 11:59pm. Will send an e-mail when entries are open.

Email Meet Contact for entry information: Bryan Bradley (bstrick4211@yahoo.com). **Send entry fee check (payable to MHS Track) to:**

Bryan Bradley- Track and Field
1250 Hahman Dr.
Santa Rosa, CA95405

Event List and Entry Fees

There is a maximum fee of \$200 per school. For those paying less than the maximum the fees are as follows:

Each Relay Team: \$15

Pentathlon: \$15

Each Athlete: \$5 per entrant (100/110m Hurdles, 400m Hurdles, Field events)

Important Meet Information

Pentathlon

The events for the Pentathlon will be in this order, Long Jump (9:00am), 100/110 hurdles(10:40am), High Jump(11:00am), Shot Put(1:00pm), 800m(2:20pm). Times are estimates, times will be adjusted once entries are completed. **Pentathlon athletes may only compete in this event.** All Pentathlon athletes must be at the start of the event and compete at that time. Failure to miss a event will result in a DQ.

Field Events

Unlimited single entries are allowed in the Field events. Relay team scores will be based on the top 3 athletic performances by each school at the end of the event. Relay teams will continue down the list, until no more teams of 3 can be made.

Non Relay Events

100/110m Hurdles, 400m Hurdles, Pole vault will all be a single event. 1st place will receive a medal, 2nd and 3rd place will receive ribbons.

Field Events Check-In

Check in at the event site 30 minutes prior to the scheduled start of the event. If the meet schedule is delayed, check in after the meet announcer gives the “**first call**” for the event. No check-ins will be allowed after the start of the event. Use the southwest fence gate to enter and exit the track infield.

Track Event Check-In

Check in at the bullpen (southwest corner of the track) 15 minutes prior to the scheduled start of the event. Verify your runner heat and lane number. Return to the bullpen area 5 minutes prior the heat starting.

Substitutions

Limited substitutions will be allowed for running and field events when scratches permit; runner must check-in with competitor number at the bullpen prior to race.

Additions

No additions are allowed at all! PERIOD!!

Track Event Heats

All running events are timed finals. Hand times (unofficial) may be read to finishers at the finish line. The last heat of each event will be the “fast” heat, based on entry times and seeding. All heats for any one division will be combined to determine medal award winners.

Shot Put, Discus, Long Jump and Triple Jump

These events will be conducted in flights of 5 to 7 competitors, each being allowed to take a maximum of 4 attempts.

High Jump

Opening heights are 4’4” for Varsity Girls and 5’2” for Varsity Boys.

Pole Vault

Opening heights are 7’0” for Varsity Girls and 9’6” for Varsity Boys.

Results

Printed results will be posted on the shed near the bullpen as soon as they are available. Compiled results will be posted on redwoodempirerunning.com.

Awards

1st place medals will be awarded to the top relay teams in the meet. 2nd and 3rd place will receive ribbons. If awards are not presented the day of the event, they will be sent in the mail.

Field and Track Access

Only participating athletes are allowed inside the fence that borders the track. Coaches, spectators and non-participating athletes will be asked to remain outside the fence. **DO NOT** disturb officials at the timing station and do not cross into taped-off areas.

All warm-ups need to take place on the baseball field on the North side of the track. No warm-ups will be allowed on the track infield.

Entry Fees

If you have failed to pay your team’s entry fees on time, we certainly understand the mishaps and delays that can occur. We make a poor collection agency, however, and expect delinquent fees to be investigated and taken care of promptly by you, the coach. Your team’s future participation in this meet depends on it.

Sponsors, T-Shirts, Programs and Snack Bar

- T-shirts are on sale at this event
- New Balance and Fleet Feet Sports will be selling spikes and accessories
- The snack bar will be serving a variety of food and drinks.

Field Events

Athletes not checked in when the competition begins will be scratched.