

CALIFORNIA INDOOR MEET STATE QUALIFIER & ALL COMERS



MT CARMEL HIGH SCHOOL

9550 CARMEL MT. RD, SAN DIEGO, 92129
ON MT. CARMEL'S HIGH SCHOOL'S ALL WEATHER TRACK
3/16" NEEDLE SPIKES OR LESS ARE REQUIRED
(MUST BE HIGH SCHOOL ATHLETE TO QUALIFY FOR INDOOR MEET)

DATE: Saturday, January 7th

COST: \$10.00 unlimited entry for athletes (\$5 for spectators, Children 4 & under free)

SCHEDULE OF EVENTS

TIME SCHEDULE IS ROLLING BASED ON THE NUMBER OF ATHLETES
IN EACH EVENT AND WILL PROGRESS AHEAD OF SCHEDULE IF POSSIBLE

California State Indoor qualifying heats will be run 1st, with open heats to follow in each event.

Running Events (1st event starts at 1:00 pm):

Finished Results will provide FAT Timing

4x800 Relay

55m

Mile

55mHH

550m

4x200 Relay

800m

2 Mile

4 x 400m

Field Events (1st event starts at 9:00 am):

Long Jump – Open Pit – 1:00 – 11:00 am [4 jumps]

Triple Jump – Open Pit – 11:00 am – 1:00 pm [4 jumps]

High Jump – Girls – 9:00 am – Boys to follow Girls (Starting Heights: Girls: 4'0" Boys: 5'4")

Shot Put – Boys 9:00 am – Girls to follow Boys [4 Throws]

Pole Vault – Open Pit [Start at 6' Raised Every 6 inches Boys/Girls]

REGISTRATION: Meet registration will take place between 11 am to noon. Events will start promptly at 1 pm. For further information contact Meet Director Dennis McClanahan at dennismcclanahan@hotmail.com.

PARKING: Parking is available in the stadium parking lot.

WEATHER: MEET WILL RUN RAIN OR SHINE!

QUALIFYING FORMAT:

*The top three (3) overall placers in each running event and each relay event at each qualifying meet and the top two (2) overall placers in all field events will be invited to compete in the California Indoor State HS Invitational on Jan. 21st.

*There also will be a performance standard for each event for the athletes who do not qualify for the meet by place. This standard will be published before the meet on DyeStatCal.com.

*All athletes wishing to compete in the California State HS Invitational must sign up on the day of the qualifying meet (Jan. 7 & 14, 2012) and pay the entry fee at that time. The cost of entering the CA. Indoor State HS Invitational is \$25.

*There will be a sign-up table at all 9 regional meets to sign-up athletes who would like to compete in the Jan. 21st meet. All athletes must sign-up on January 7th at the qualifier. There will be no late entry for the January 21st meet!

*Athletes will be asked to supply their own implements at both the qualifying meet and Indoor State Meet.

*The top three overall placers in each event at the January 21st State Meet will receive an award.