

BEACH CITIES TRACK & FIELD INVITATIONAL

PRESENTED BY MARINA HIGH SCHOOL AT HUNTINGTON
BEACH HIGH SCHOOL. SATURDAY, MARCH 26, 2016.

*****IMPORTANT "INVITATIONAL" INFORMATION*****

Meet information for 2016 "Beach Cities Invitational"

This is 5th year for the return of the Beach Cities Invitational after many years of absence. We are working diligently to make this meet one of the best run and competitive meets of the 2016 season. We will be limiting entries to the first 30 schools to enter, so get your entry in ASAP.

Timing & Results: Provide by: *Finished Results*

Live results can be viewed on your smartphones using the *Finished Results Live App*



Download the *Finished Results Live App*: www.FinishedResults.com/LiveResults

Contracts are attached to this E-mail.

Entry Deadline – March 15- 11:59 pm @www.episports.com

Meet Entry – will be done through www.episports.com.

You will have until March 21 @ 11:59 pm to complete your entries.

Each team will be allowed 3 entries per event per level excluding relays. One relay team per event per level. You may replace athletes entered up to the max of 3. We will be offering add cards at the athlete's gate. You may enter athletes over the allotted 3.

The cost will be \$15 per individual and \$35 per relay. Athletes will be placed in open lanes first, after which extra heats will be made.

F/S Pole Vault- Due to the fact the Huntington Beach School Board will not allow raised runways we will be limiting the F/S boys and girls Pole Vault to 2 entries with no add cards accepted in any division. The varsity athletes will still get the allotted 3 entries. We are doing this to ensure the quality of the event with only one runway available.

Please fax over a contract to secure your teams' spot at the meet ASAP.

Divisions: Boys F/S and Varsity, Girls F/S and Varsity

Entry Fees – \$175 per division or a max of \$650 for all 4 levels. Or
\$15 per person per event. \$35 per relay.

Meet Directors: David Sanford 714) 851-7373 davidgsanford@aol.com

Do not mail checks within 1 week of the meet. You may hand carry check to meet. No check, no compete!

Checks payable to: Marina Track and Field
15871 Springdale
Huntington Beach, CA 92649
Att: D. Sanford

Jumping and Throwing Events- Varsity Shot put, discus, long jump, triple jump each
Athlete will be allowed 3 trials. The final 9
competitors will be awarded 3
additional trials, **The F/S Level will only have 3 attempts**

Athletes admission—Athletes will have their hand
stamped at the athletes check
in gate at the West end of the stadium. For admission to the stadium track athletes
must be wearing their uniform.

Awards – custom medals will be given to the 1st 8 places in individual events and for the 1st
3 places in the relays overall. Awards may be picked up from the infield area at the end
of the meet. Only coaches will be allowed to pick them up.
There will be no team scoring. We added 2 medals per event and will be going to custom medals.

Concessions – We will have a full concession stand.

Spikes – Spikes must be 3/16” or smaller. Additional spikes will be for sale at a table near the entrance of the stadium. The Clerk of the Course and other officials will be checking spikes.

T-shirts – will be available for \$12 each

Programs – will be available for sale for spectators at the entrance of the stadium. One program per school will be included in Coaches packet.

Athletic Trainers – will be available at the East end of the infield. Athletes must provide their own tape and other supplies.

Track and Infield – Only those athletes that are participating may be on the track or infield area . Shot put coaches may be in the shot put area during competition.

Pole Vault coaches will be allowed in a designated coaches area During the pole vault competition.

Please monitor your athletes through the day.

Wristbands will be given to coaches who need to be in the shot put or pole vault areas.

Canopies - Will be allowed only at the top of the North side of the stadium and on The perimeter of the West warm up field.

Coaches Meeting – We will have a brief coaches meeting at 7:30 am on the infield near the timing canopy. Please make sure each girls and boys team is represented.

Thank You for entering the new “BEACH CITIES INVITATIONAL”

Dave Sanford Meet Manager and Distance Coach Marina High School

Beach Cities Invitational

Time Schedule

Evt#	Start	Event	Evt#	Start	Event
1	8:30 AM	1600 meters Girls F/S	33	3:40 PM	200 Meter Varsity Girls

2	8:45 AM	1600 Meters Boys F/S	34	3:50 PM	200 Meter Varsity Boys
3	9:00 AM	1600 Meters Girls Varsity	35	4:05 PM	3200 Meters Varsity Girls
4	9:15 AM	1600 Meters Boys Varsity	36	4:20 PM	3200 Meters Varsity Boys
5	9:30 AM	100 Hurdles F/S Girls	37	4:35 PM	4 x 400 Meters F/S Girls
6	9:40 AM	100 Hurdles Varsity Girls	38	4:45 PM	4 x 400 Meters F/S Boys
7	9:55 AM	110 Hurdles F/S Boys	39	4:55 PM	4 x 400 Meters Varsity Girls
8	10:05 AM	110 Hurdles Varsity Boys	40	5:05 PM	4 x 400 Meters Varsity Boys
9	10:15 AM	4x100 Relay Girls F/S	41	8:00AM	Long Jump Frosh/Soph Men
10	10:20 AM	4x100 Relay Boys F/S	42	8:00AM	Triple Jump Frosh/Soph Women
11	10:25 AM	4x100 Relay Girls Varsity	43	8:00AM	High Jump Frosh/Soph Women
12	10:30 AM	4x100 Relay Boys Varsity	44	8:00AM	High Jump Varsity Women
13	10:35 AM	400 Meters Girls F/S	45	8:00AM	Shot Put Frosh/Soph Women
14	10:50 AM	400 Meters Boys F/S	46	8:00AM	Discus Frosh/Soph Men
15	11:05 AM	400m Meters Girls Varsity	47	10:30AM	Long Jump Varsity Men
16	11:20 AM	400m Meters Boys Varsity	48	10:30AM	Triple Jump Varsity Women
17	11:35 AM	800 Meters Girls F/S	49	10:30AM	High Jump Frosh/Soph Men
18	11:50 AM	800 Meters Boys F/S	50	10:30AM	High Jump Varsity Men
19	12:05 PM	800 Meters Girls Varsity	51	10:30AM	Shot Put Frosh/Soph Men

20	12:20 PM	800 Meters Boys Varsity	52	10:30AM	Discus Frosh/Soph Women
21	12:40 PM	100 Meters Girls F/S	53	1:00PM	Long Jump F/S Women
22	12:55 PM	100m Meters Boys F/S	54	1:00PM	Triple Jump Frosh/Soph Men
23	1:10 PM	100 Meters Girls Varsity	55	8:00 am	Pole Vault Frosh/Soph Women
24	1:25 PM	100 Meters Boys Varsity	56	Follow F/S Woman	Pole Vault Frosh/Soph Men
25	1:45 PM	3200 Meters F/S Girls	57	1:00PM	Shot Put Varsity Men
26	2:05 PM	3200 Meters F/S Boys	58	1:00PM	Discus Varsity Women
27	2:20 PM	300m LH F/S Girls	59	3:30 PM	Long Jump Varsity Women
28	2:30 PM	300m IH Varsity Girls	60	3:30 PM	Triple Jump Varsity Men
29	2:45 PM	300m LH F/S Boys	61	Follow F/S Men	Pole Vault Varsity Women
30	2:55 PM	300m IH Varsity Boys	62	Follow Varsity Woman	Pole Vault Varsity Men
31	3:10 PM	200 Meters F/S Girls	63	3:30 PM	Shot Put Varsity Women
32	3:20 PM	200 Meters F/S Boys	64	3:30 PM	Discus Varsity Men

Varsity LONG JUMP/TRIPLE JUMP/DISCUS/SHOT PUT ATHLETES WILL RECEIVE 3 ATTEMPTS, THE TOP 9 PERFORMERS WILL RECEIVE 3 ADDITIONAL ATTEMPTS IN THE FINAL. OPENING BARS IN THE VERTICAL EVENTS ARE LISTED BELOW:

Event	Opening Bar
High Jump Frosh/Soph Men	4-8
High Jump Frosh/Soph Women	4-2
High Jump Varsity Men	5-6

High Jump Varsity Women	4-6
Pole Vault Frosh/Soph Men	9-0
Pole Vault Frosh/Soph Women	7-0
Pole Vault Varsity Men	11-0
Pole Vault Varsity Women	8-6