

CAPITAL CLASSIC RELAYS

March 15, 2008

Welcome to the First Annual Capital Classic Relays hosted by Sacramento City College and Laguna Creek High School at Hughes Stadium, home of the annual Sacramento Meet of Champions, Divisional, Masters and the California State High School Championship track and field meets. This is going to be a fun and exciting one day High School and College track & field meet. The format will include all field events, the *Classic open* and *relay* events for important early season qualifying marks, while featuring some relays that will be fun and challenging for all ability levels. For more details at this time, please contact Rob Dewar for College information at dewarr@scc.losrios.edu or (916) 558-2305 and Bryan Jilka for High School information bjilka@egusd.net or bjilka22@yahoo.com.

Location Sacramento City College – Hughes Stadium

Date Friday, March 14, 2008 – Javelin / Hammer
Saturday, March 15, 2008

Facilities The Capital Classic Relays will be held at Hughes Stadium. All events (running and field) are all located inside of Hughes Stadium. The track is a 400 meter CalTrax surface with nine 48” lanes, including all jumping runways and javelin. Please use ¼” spikes maximum for the track, high jump, long/triple jump and pole vault runways. Shot, discus and hammer rings are brushed concrete. Discus and Hammer share the same facility.

Timing Finish Lynx (Fully Automatic Timing)

Divisions Women: JC/Collegiate/Open
Men: JC/Collegiate/Open

Boys: High School Varsity
JV Boys **Track Only Events**
Girls: High School Varsity

WE ARE LIMITING THIS MEET TO THE FIRST 25 TEAMS TO COMMIT. THIS WILL ENSURE ALL ENTERED ATHLETES WILL COMPETE!!!!!!!!

Entries High School and College Team entry process will take place online through Direct Athletics, register at www.directathletics.com. If you have not used this system before, you will be asked to create a username and password. You will enter a team roster and register them in the event(s). **We understand that this is PRE-SEASON. PLEASE ENTER A RESPONSIBLE TIME/MARK.**

HIGH SCHOOL DIVISIONS: TRACK EVENTS - A maximum of 3 entered athletes per race and 1 relay per race. **FIELD EVENTS:** maximum of 4 entered athletes for each field event.

JC/COLLEGE/OPEN: Depending on the number of entries per event we will do our very best to get every athlete into the meet, but will not be a guarantee. Please look at the minimum standards and the time schedule with the number of heats and flights will we will have for each event.

Open Athletes must enter their entries through directathletics. You must register at www.directathletics.com. You must create a username and password.

There will be an **ALTERNATE LIST** for each running event. The alternates will be entered after the coach's scratch meeting 30 minutes before the first running event. After scratches are done, alternates will be entered by the number of scratches given. **THERE WILL BE NO SUBSTITUTIONS OR ALTERNATES ADDED AFTER THIS TIME.** The alternate list will be posted on Wednesday, March 12, 2008.

High School Coaches Meeting 8:00 a.m. at the finish line

College/Open Coaches Meeting: 2:00p.m. Inside track shed next to the discus/hammer ring.

Telephone and fax entries **WILL NOT BE ACCEPTED.** Late entries will not be accepted. Entries are due **MONDAY, MARCH 10, 2008 at 5:00 p.m.** There will be no late entries.

All accepted entries and alternates will be posted on the following website www.norcalstat.com by **Wednesday, March 12, 2008 by 3:00 p.m.**

Packet Pick Up: Coaches can pick up their packets at the outside of the stadium in front of the tunnel (located at the north end of the stadium) near the Parking Structure.

High School 7:30 a.m. - 10:00 am

College/Open: 10:00 a.m. – 1:00 p.m.

Entry Fees **JC/Collegiate/Open:** \$10.00 for individual athlete per event, \$20.00 per relay team or a team fee of \$150.00 per gender (14 athletes or more including relays).
JC/College/Open Athletes: Make checks or money orders payable to "Sacramento City College Track and Field"

High School: \$5.00 per individual athlete per event, \$20.00 per relay team or a team fee of \$100.00 per gender (14 athletes or more including relays).

Make checks or money orders payable to

"Laguna Creek High School Track and Field"

All fees are to be paid at packet pick up at the Tunnel (located at the north end of the stadium) near the parking structure

***ALL FEES MUST BE PAID ON DAY OF THE MEET**

Weigh-Ins **High School** implements must be weighed in between 7:30a.m.-10:00 a.m. inside the track shed next to the hammer/discus ring.

College and Open implements must be weighed in between 12:00 noon - 3:30 p.m.

**Athletic
Trainers**

Will be located at the south end of the stadium next to the scoreboard.
Please bring your own supplies and the trainers will be helping out as much as possible with taping, treatment and ice.

**Field
Events**

Trials in all field events will consist of three attempts for each competitor. Top nine will advance to the finals for three more attempts. See the minimum standards to be measured for the field events.

**Running
Events**

All athletes in running events must check at the tent behind the start of the 100m (located at the south end of the track) at least 30 minutes prior to their event and again 10 minutes before race time to pick up your hip number.

Parking

Parking is available in the new parking structure which is located north of the stadium. Parking is free on weekends. Team busses can drop off at the west end of the stadium and park the buses at the south lot located down the street from Hughes Stadium. **BUSES WILL NOT BE ALLOWED IN THE PARKING STRUCTURE.**

Admission Adults \$6.00, Students w/ school ID \$3.00, Children \$2.00 12 and under are free.

Concessions will be available at the stadium.

Sponsors VS Athletics, UCS, Mondo, Brand Athletics, JL Track,

Questions High School: Bryan Jilka (916) 804-0958 / bjilka@yahoo.com
JC/College/Open: Rob Dewar (916) 558-2305 / dewarr@scc.losrios.edu

Awards **High School:** Medals to the top 6 individual events. +
Top 3 places for all relays +

A CAPITAL CLASSIC RELAYS COOL/MAX CHAMPIONSHIP SHIRT WILL BE AWARDED TO THE WINNER OF EACH EVENT.

College/Open: Medals to the top 3 individual events
Top 3 places for all relays.

CAPITAL CLASSIC RELAYS COOL/MAX CHAMPIONSHIP L SHIRT WILL BE AWARDED TO THE WINNER OF EACH EVENT.

Results

Results will be posted and announced throughout the day. Copy of results will be given to the coaches within 30 minutes after the final race. Results will also be posted on www.directathletics.com, www.norcalstat.com and www.dyestat.com after the conclusion of the meet.

**Minimum
Marks**

Each athlete will receive a measured mark on their first legal attempt. After their first measured attempt, they must meet the minimum marks below for measurements.

College:

Event	Women	Men
Long Jump	16-0	21-0
Triple Jump	33-0	44-0
Shot Put	32-0	38-0
Discus	80-0	115-0
Javelin	90-0	130-0
Hammer	115-0	125-0
Opening Heights:		
High Jump	4-6	5-8
Pole Vault	9-0	12-0

High School:

Event	Girls	Boys
Long Jump	14-0	19-5
Shot Put	28-0	38-0
Discus	65-0	115-0
Opening Heights:		
High Jump	4-0	5-6
Pole Vault	7-0	10-0

2008 CAPITAL CLASSIC RELAY
REVISED 3/12/2008
MEET SCHEDULE

FIELD EVENTS: Friday, March 14, 2008

1:00 p.m.	Javelin (Women)	
1:00 p.m.	Hammer (Men)	
3:00 p.m.	Javelin (Men)	
3:00 p.m.	Hammer (Women)	

FIELD EVENTS: Saturday, March 15, 2008

HIGH SCHOOL

9:00 a.m.	Pole Vault	(H.S. Boys)	
9:00 a.m.	Shot Put	(H.S. Boys)	
9:00 a.m.	Discus	(H.S. Girls)	
9:00 a.m.	Long Jump	(H.S. Boys)	(North Pit)
9:00 a.m.	Long Jump	(H.S. Girls)	(South Pit)
11:00 a.m.	High Jump	(H.S. Girls)	
11:00 a.m.	High Jump	(H.S. Boys)	
11:00 a.m.	Pole Vault	(H.S. Girls)	
12:00 noon	Discus	(H.S. Boys)	
12:00 noon	Shot Put	(H.S. Girls)	

COLLEGE

1:00 p.m.	Pole Vault	(Women)	
1:30 p.m.	Long Jump	(Women)	(South Pit)
1:30 p.m.	Long Jump	(Men)	(North Pit)
2:00 p.m.	Shot Put	(Men)	
2:00 p.m.	Discus	(Women)	
3:00 p.m.	Pole Vault	(Men)	
3:00 p.m.	High Jump	(Women)	
3:00 p.m.	High Jump	(Men)	
4:00 p.m.	Triple Jump	(Women)	(North Pit)
4:00 p.m.	Triple Jump	(Men)	(South Pit)
4:00 p.m.	Shot Put	(Women)	
4:00 p.m.	Discus	(Men)	

RUNNING EVENTS: Saturday, March 15, 2008

HIGH SCHOOL

9:00 a.m.	100m Hurdles	(H.S. Girls)	(2-Heats)	
9:15 a.m.	110m High Hurdles	(H.S. Boys)	(2-Heats)	
9:20 a.m.	1600m	(H.S. Girls)	(2-Heats)	
9:40 a.m.	1600m	(H.S. Boys)	(3-Heats)	
10:05 a.m.	4 x 100m Relay	(H.S. JV Boys)	(1-Heat)	
10:10 a.m.	4 x 100m Relay	(H.S. Girls)	(2-Heat)	
10:20 a.m.	4 x 100m Relay	(H.S. Boys)	(2-Heats)	
10:30 a.m.	DMR	(H.S. Girls)	(1-Heat)	(1200-400-800-1600)
10:50 a.m.	DMR	(H.S. Boys)	(1-Heats)	(1200-400-800-1600)
11:10 a.m.	100m	(H.S. JV Boys)	(2-Heats)	
11:20 a.m.	100m	(H.S. Girls)	(3-Heats)	
11:35 p.m.	100m	(H.S. Boys)	(3-Heats)	
11:50 p.m.	400m	(H.S. Girls)	(3-Heats)	
12:05 p.m.	400m	(H.S. Boys)	(3-Heats)	
12:20 p.m.	800m	(H.S. JV Boys)	(1-Heat)	
12:25 p.m.	4 x 800m Relay	(H.S. Girls)	(1-Heat)	
12:40 p.m.	4 x 800m Relay	(H.S. Boys)	(1-Heat)	
12:55 p.m.	200m	(H.S. JV Boys)	(1-Heat)	
1:05p.m.	Sprint Medley Relay	(H.S. Girls)	(1-Heat)	(200-100-100-400)
1:20 p.m.	Sprint Medley Relay	(H.S. Boys)	(1-Heat)	(200-100-100-400)
1:35 p.m.	4 x 400m Relay	(H.S. JV Boys)	(1-Heat)	
1:40 p.m.	4 x 400m Relay	(H.S. Girls)	(2-Heats)	
1:55 p.m.	4 x 400m Relay	(H.S. Boys)	(1-Heat)	

BREAK

COLLEGE

2:15 p.m.	4 x 100m Relay (Women)	(1-Heat)	
2:20 p.m.	4 x 100m Relay (Men)	(1-Heat)	
2:30 p.m.	1500m (Women)	(2-Heats)	
2:45 p.m.	1500m (Men)	(2-Heats)	
3:00 p.m.	100m Hurdles (Women)	(1-Heat)	
3:10 p.m.	110m High Hurdles (Men)	(2-Heats)	
3:20 p.m.	DMR (Women)	(1-Heat)	(1200-400-800-1600)
3:35 p.m.	DMR (Men)	(1-Heat)	(1200-400-800-1600)
3:50 p.m.	100m (Women)	(2-Heats)	
4:00 p.m.	100m (Men)	(3-Heats)	
4:15 p.m.	400m (Women)	(2-Heats)	
4:25 p.m.	400m (Men)	(3-Heats)	
4:35 p.m.	4 x 800m Relay (Women)	(1-Heat)	
4:50 p.m.	4 x 800m Relay (Men)	(1-Heat)	
5:05 p.m.	Sprint Medley Relay (Women)	(1-Heat)	(200-100-100-400)
5:15 p.m.	Sprint Medley Relay (Men)	(1-Heat)	(200-100-100-400)
5:30 p.m.	4 x 400m Relay (Women)	(1-Heat)	
5:40 p.m.	4 x 400m Relay (Men)	(1-Heat)	