

KING CITY INVITATIONAL MEET INSTRUCTIONS

1. All participants must remain in the grandstands or designated warm up areas until first call for their event. Coaches will keep their athletes off the track and field event areas except when they are preparing to or competing.
2. C.I.F. Constitution states "no visiting team shall be recognized by the hosting school unless accompanied by a official faculty representative who shall be responsible for the conduct of his team." At our meet the school representative shall sign for the team's packet before the team will be allowed to compete.
3. Scoring shall be on a 10-8-6-4-2-1 basis (medals for the first 5 places). For the purpose of awards, ties will be settled by a flip of a coin except as indicated in the rulebook.
4. Awards: Medals for first 5 places in all three divisions.
Trophies for : Team Champion in each division
Runner-Up in each division
High Point Person in each division
King City High School High Point Person in each division.
4. Application for High Point Persons must be written and turned in to the announcing booth by the coach within 5 minutes after the final event for that athlete.
5. Athletes will be admitted to the stadium with their coach and in uniform.
6. 3 entries allowed in all events unless special permission given by a meet director.
7. In events where more than one final heat is run the 'fast' heat will be first, etc and the overall winners picked by time.
8. When 'doubling' lanes is necessary, it will start in the slowest heat and the outside lane, etc.
9. Runners will stay in their lanes for the first 400 meters except when the 'waterfall' start is used. Mile relay stay in lanes until clearing the first exchange zone.
10. No starting block may be used when 2 or more competitors are in a lane.
11. There are trials (unless not necessary) and finals in 200 meters or less.
12. There will be a 2 minute time limit in the field events.
13. The starting heights for the jumps will be (depending on the entries):
Varsity High Jump 5'-4", Girls 4'-4", FS Boys 5'-0"
Varsity Pole Vault 9'-6", Girls 7'-0", FS Boys 8'-6"
14. One quarter inch (1/4") spikes or less are required (or flats).
15. All shot puts and discuses must be weighed in at the table by the shot put area between 8:15 - 9:15 or 12:00 - 12:30.
16. The meet management may change some entries, procedures, starting heights, or other if it is felt necessary for the safety or betterment of the meet.

KING CITY INVITATIONAL TIME SCHEDULE

TIME	RUNNING EVENT	TIME	FIELD EVENTS
SOME EVENTS ARE RUN OUT OF NORMAL ORDER		ALL TIMES ARE APPROXIMATE	
	TRIALS (approximate)		FIELD EVENTS
9:30	Varsity 110 Meter High Hurdles	9:30	Frosh Soph Triple Jump Trials
9:45	Frosh Soph 65 Meter High Hurdles		Girls Long Jump Trials
1:00	Girls 100 Meter High Hurdles		Frosh Soph Discus
10:15	Varsity 100 Meters		Varsity Shot Put
10:30	Girls 100 Meters		Varsity Pole Vault
10:45	Frosh Soph 100 Meters		Girls High Jump
11:00	Varsity 200 Meters		
11:15	Girls 200 Meters	10:45	Frosh Soph Triple Jump Finals (Top 7)
11:30	Frosh Soph 200 Meters		Girls Long Jump Finals (Top 7)
12:30	Varsity 110 Meter High Hurdles	11:00	Varsity Triple Jump
12:35	Frosh Soph 65 Meter High Hurdles		Frosh Soph Long Jump
12:40	Girls 100 Meter High Hurdles		Frosh Soph High Jump
12:45	Varsity 400 Meter Relay		
1:00	Girls 400 Meter Relay	12:30	Varsity Triple Jump Finals (Top 7)
1:15	Frosh Soph 400 Meter Relay		Frosh Soph Long Jump Finals (Top 7)
1:30	Varsity 1600 Meters		Girls Discus
1:40	Girls 1600 Meters		Frosh Soph Shot Put
1:50	Frosh Soph 1600 Meters		Frosh Soph Pole Vault
2:00	Varsity 400 Meters	1:00	Varsity High Jump
2:10	Girls 400 Meters		
2:20	Frosh Soph 400 Meters	2:00	Girls Triple Jump Trials
2:30	Varsity 100 Meters		Varsity Long Jump Trials
2:35	Girls 100 Meters		
2:40	Frosh Soph 100 Meters	2:30	Varsity Discus
2:45	Varsity 800 Meters		Girls Shot Put
3:00	Girls 800 Meters		Girls Pole Vault
3:15	Frosh Soph 800 Meters		
3:25	Girls 300 Meter Hurdles *	3:30	Girls Triple Jump Finals (Top7)
3:40	Varsity 300 Meter Hurdles		Varsity Long Jump Finals (Top 7)
3:55	Frosh Soph 300 Meter Hurdles		
4:10	Varsity 200 Meters		
4:15	Girls 200 Meters		
4:20	Frosh Soph 200 Meters		
4:25	Varsity 3200 Meters		
4:45	Girls 3200 Meters		
5:05	Frosh Soph 3200 Meters		
5:15	Frosh Soph Mile Relay		
5:25	Girls Mile Relay		
5:35	Varsity Mile Relay		

* CHANGE IN ORDER

email out to teams