

36th Annual Westmont/West Valley Relays

March 23 & 24, 2012



You are invited to join us for the running of the **36th Annual/West Valley Relays** held at Westmont High. As a result of the positive feedback from the coaches and athletes involved, we will continue to follow our two-day meet format with the running events on a Rolling Schedule. We look forward to two great days of track & field!

~ PLEASE NOTE THE CHANGES ~



General Meet Information

- The Frosh/Soph Division will be held on Friday, **March 23rd** beginning @ 2:30 pm
- The Varsity Boys and Girls will compete on Saturday, **March 24th** beginning @ 9 am
- Weight implement weigh-ins are at the track shed
 - 2:00 pm – Frosh/Soph Division (Friday)
 - 8:30 am & 10:30 am – Varsity & Girls Divisions (Saturday)
- The meet will be held rain or shine. No entry refunds will be made.
- ****Note: An athlete may not compete in both Varsity and Frosh/Soph events****

Awards

- Custom medals will be awarded to the top 3 places in all events including relays
- Trophies will be awarded to the team champion in each division
- Scoring for all events will be (10-8-6-5-4-3-2-1)

Entry Fees & Deadline (Entries begin January 20, 2012)

- Entries must be entered on DirectAthletics.com by 11:59pm **Sunday, March 18th, 2012**
- *Entry fees must be taken care of no later than the day of the meet (school check, personal check, or processed school check request form)*
- Your entry fee is calculated based upon the status of your entries at 11:59 pm on **March 18th**
- Individuals \$5 per event entered
- Relays \$15 for each relay team entered.
 - *There are no refunds for athletes that are scratched after the entry deadline*

Late Fees

- March 18-22 - \$10.00 for individuals for each event; \$25.00 for relays
- March 23-24 - \$15.00 for individuals for each event; \$30.00 for relays
- If you are late to check-in, **the late check-in fee is \$15.00 per event**. You will be entered only if a lane is available and no new heat or flight must be created. **(cash only)**
- Please make checks payable to **Westmont High School**. Send the entry receipt from the DirectAthletics website and fees to: **Kirk Mansfield, Westmont High School, 4805 Westmont Avenue, Campbell, California 95008**
- If your team is entered you are obligated for your entry fee even if your team does not show

T-Shirts

- Traditional Westmont/West Valley Relays T-Shirts will be available for sale during both days of competition

Race Day

- Check-in or scratch your runners at the check-in table located at the north end of the straightaway
- **Runners must be checked at least 2 FULL EVENTS prior to the start of their event or they will be scratched!! Remember there is a \$15.00 late fee (per entry) to check-in your runners late**
 - Coaches/Athletes are encouraged to check-in/declare ALL events at the start of the day
 - Once heat sheets are finalized, athletes must return to the check-in table to pick up their hip numbers
- ***Field event athletes may check-in directly at their event site at least 15 minutes prior to its start time***
- Be advised of the following minimum measurement standards for Saturday only:

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
Long Jump	16 ft	13 ft
Triple Jump	35 ft	27 ft
Shot Put	34 ft	25 ft
Discus	115 ft	80 ft

- **No athlete may be added or substituted unless they are already registered in the meet... NO EXCEPTIONS!!**
- NO ADDITIONS will be considered without the \$15 late fee.
- Please note that this meet will take place rain or shine. No entry fee refunds
- Coaches and athletes are reminded that if an athlete competes in the Frosh/Soph Division on Friday afternoon, he may not compete in any Varsity events on Saturday.
- Because of the large numbers of field event athletes, contestants will be subject to the one-minute rule (athletes must begin their attempt and complete their effort within one (1) minute of being called, except for the pole vault, which is 1 ½ minutes)
- **Remember – only ¼” spikes** can be used
- The **no jewelry rule** will be enforced in all events
- The **no false start rule** will be enforced in all races.

Please contact Bob Poynter for further information:

408-238-0825 (home) 408-644-5445 (cell) Poynterr2003@yahoo.com (e-mail)

2012 Westmont / West Valley Relays

Schedule of Events – Frosh/Soph Boys – Friday, March 23rd

Running Events

Event

Time

4 X 100 Relay

3:00 p.m.

Rolling Schedule for Running Events

Distance Medley
(1200-400-800-1600)

65 High Hurdles

100 Meters

800 Meters

400 Intermediate Hurdles

200 Meters

3000 Meters

4 X 400 Relay



All athletes need to check-in
2 FULL EVENTS prior to
the start of their event

Field Events

Event

Time

Long Jump

2:30 p.m.

Discus (A-L) Shot Put (M-Z)

2:30

High Jump

3:00

Pole Vault

3:00

Triple Jump

4:00

Shot Put (A-L) Discus (M-Z)

4:00

2012 Westmont / West Valley Relays

Schedule of Events – Varsity & Girls – Saturday, March 24th

Running Events

Event

Time

Girls 400 Low Hurdles

9:00 am

Rolling Schedule for Running Events

Boys 400 I.H
 Girls 4 X 1600 Relay
 Boys 4 X 1600 Relay
 Girls 4 X 100 Relay
 Boys 4 X 100 Relay
 Girls 1500 Meters
 Boys 1500 Meters
 Girls 100 Meters
 Boys 100 Meters



All athletes need to check-in
2 FULL EVENTS prior to
 the start of their event

~~Official Lunch Break~~

TBA

TBA – Afternoon Session start time depends on # of entries

Rolling Schedule for Running Events

Boys 110Meter Hurdles
 Girls 800 Meters
 Boys 800 Meters
 Girls Sprint Medley
 Boys Sprint Medley
 (200-200-400-800)
 Girls 3000 Meters
 Boys 5000
 Girls 4 X 400 Relay
 Boys 4 X 400 Relay



All athletes need to check-in
2 FULL EVENTS prior to
 the start of their event

Field Events

Girls Shot Put
 Girls Pole Vault
 Boys High Jump
 Boys Long Jump
 Girls Triple Jump
 Boys Pole Vault

9:00 am
 9:00
 9:30
 9:30
 9:30
 11:00



Boys Shot Put
 Girls Discus
 Boys Triple Jump
 Girls Long Jump
 Boys Discus
 Girls High Jump

11:30
 11:30
 12:30 pm
 12:30
 2:00
 2:30