

29th Annual Boys and 11th Annual Girls
Central Coast "F/S" Track & Field Classic
Los Gatos High School
Friday March 28, 2008

We would like to invite you to our Frosh-Soph Track and Field Classic. The F/S Boys division is an invitational and a qualifying meet for the F/S Division of the "Top 8" Classic, to be held on Friday, April 18, 2008 at Los Gatos High School. The F/S Girls is an invitational only, not a qualifying meet. This is the top Frosh-Soph Invitational in our section.

ENTRY FEE: \$6.00 per event for individuals and \$16.00 per relay team.
All "ENTRIES" will be submitted to www.directathletics.com (see attached sheet)

Put your email address on entry form, in case, we have any questions concerning your entries. Entry Fees must be paid at the entrance gate. If any of your athletes do not make it into the F/S Classic, we will credit your school towards the "Top 8"

ENTRY DEADLINE: All entries must be received by Direct Athletics on or before **THURSDAY, MARCH 20**
No updates after the entry deadline. All coaches can verify entries on Friday, March 21, 2008 at www.directathletics.com or www.lynbrooksports.com Entry Fees will be posted at www.lynbrooksports.com **by Friday, March 21, 2008.**

MAKE CHECK PAYABLE TO: Los Gatos Athletic Association
Pay at the Gate or Send To: Attn: Willie Harmatz
Los Gatos High School
20 High School Court
Los Gatos, CA 95032

Scratch meeting will be held at 3:00 PM

GENERAL INFORMATION:

- Award medals to first, second and third place finishers
- Admission: Adult \$5.00 Students \$2.00
- Finish Lynx timing system on the finish line, all weather track and runways
- Athletic Trainer will be available at the meet
- T-Shirts (\$12) and Programs (\$2) will be For Sale
- Concession stand will be open

MEET DIRECTORS

Willie Harmatz (408) 206-9973 or (408) 354-7365
email: willieharmatz@aol.com
Rick Milam (408) 275-9448 or 1.800.597.9897
Mike Dudley (408) 509-7105 or 363-1208

ENTRIES MUST BE RECEIVED BY MIDNIGHT THURSDAY, MARCH 20, 2008

29th Annual Boys and 11th Annual Girls
Frosh-Soph Track & Field Classic
 Los Gatos High School
 Friday March 28, 2008
Time Schedule

Event #	Time	Field Event	Event #	Time	Running Event	Division
1	4:00	B Pole Vault	13	4:00	400m Relay	Girls
2	4:15	B Triple Jump	14	4:10	"	Boys
3	4:15	B Shot Put	15	4:25	1600m Run	Girls
4	4:15	G High Jump	16	4:40	"	Boys
5	4:15	G Discus	17	5:15	100m LH	Girls
6	4:15	G Long Jump	18	5:35	65m HH	Boys
7	5:45	G Pole Vault	19	5:45	400m	Girls
8	5:45	B High Jump	20	5:55	"	Boys
9	5:45	B Discus	21	6:05	100m	Girls
10	5:45	B Long Jump	22	6:15	"	Boys
11	5:45	G Triple Jump	23	6:30	800m	Girls
12	5:45	G Shot Put	24	6:35	"	Boys
			25	6:55	300m IH	Girls
			26	7:10	"	Boys
			27	7:25	200m	Girls
			28	7:35	"	Boys
			29	7:50	3200m Run	Girls
			30	8:10	"	Boys
			31	8:35	1600m Relay	Boys
			32	8:50	"	Girls

**All athletes in the Shot Put; Discus; Long Jump and Triple Jump get 3 attempts only

**Central Coast's Frosh/Soph Boys and Girls
Track & Field Classic on March 28, 2008
Entry Limitations & Fees**

F/S BOYS: Heats are seeded equally. This is an invitational and a qualifying meet for the Top 8 meet on April 18th.

100 - Top 40 entering times - 5 heats of 8. Winner, plus the next best 3 times, qualifies for the finals.

200, 400 - Top 32 entering times - 4 heats of 8. Winner, plus the next best 4 times, qualifies for the finals.

65 Hurdles, 300 Hurdles - Top 32 entering times - 4 heats of 8. Winner, plus the next best 4 times, qualifies for the finals.

800 - Top 36 entering times - 3 heats of 12. Top 2 automatically qualifies, plus the next best 6 times, qualifies for the finals.

1600 - Top 36 entering times - 2 heats of 18. Top 3 automatically qualifies, plus the next best 10 times.

3200 - Top 40 entering times - 2 heats of 20. Top 3 automatically qualifies, plus the next best 10 times.

4x100, 4x400 Relays - Top 24 entering times - 3 heats of 8. Winner, plus the next best 5 times qualifies.

Pole Vault - Top 14 entering marks - 2 flights - Top 8 qualifies for the finals.

Long Jump, Triple Jump Top 18 entering marks - 2 flights - Top 8 qualifies.

High Jump - Top 16 entering marks - 2 flights - Top 8 qualifies for the finals.

Shot Put, Discus - Top 16 entering marks - 2 flights - Top 8 qualifies for finals.

F/S GIRLS: Girls heats are seeded slow to fast heats. The Girls meet is an invitational only - no finals.

100, 200 - Top 24 entering times - 3 heats of 8.

400, 100 Hurdles, 300 Hurdles - Top 16 entering times - 2 heats of 8.

800 - Top 24 entering times - 2 heats of 12.

1600 - Top 32 entering times - 2 heats of 16.

3200 - Top 22 entering times - 1 heat of 22.

4x100, 4x400 Relays - Top 16 entering times - 2 heats of 8.

Pole Vault - Top 12 entering marks - 2 flights

Shot Put, Discus, Long Jump, Triple Jump - Top 16 entering marks, 2 flights.

High Jump - Top 14 entering marks, 2 flights.

Entry Fees:

\$6.00 per athlete per event X _____ = \$ _____

\$16.00 for relay teams X _____ = \$ _____

Total - \$ _____

Entry Deadline - March 20 (Thursday) at midnight

How to Submit Online Entries to Central Coast's "F/S" Track and Field Classic

STEP 1—ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

If you already have a DirectAthletics account for your Track & Field team, and know your username and password....	If you do NOT know your username and password....
1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	1) Go to www.directathletics.com 2) Click on the link "New User? Click HERE". 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS: You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:**

Sport: Track & Field Team: Ridgewood (Men)

This indicates that you are controlling the MEN'S team. To switch to your Women's team, you would select "Ridgewood (Women)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all active athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again. This is a one-time process—you will not need to set up your roster each time you enter a meet.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 3) When you are finished with your entries, click the "Finish" link.
- 4) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 5) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

ENTRIES MUST BE RECEIVED BY ~~TUESDAY, MARCH 18, 2008~~

THUR. MARCH 20