

2008 "TOP 8" TRACK & FIELD CLASSIC

LOS GATOS HIGH SCHOOL

FRIDAY, APRIL 18, 2008

The 29th Annual Top 8th Track and Field Classic will be held on Friday, April 18th on the Los Gatos High School Track. The meet previews our top athletes from the central coast area prior to their league, section and state meets. This year's meet is sponsored by Adidas.

All times must be electronic to the thousands of a second (no hand times accepted) and marks must be made this year, appear in the San Jose Mercury News "Top Mark List" or the www.lynbrooksports.com website. The top 8 or top 16 (if 2 heats), submitted times or marks in each event in Varsity Boys and Varsity Girls will qualify. The F/S Boys division already qualified on March 28th.

If you only have a hand time, convert it to a electric time, for accurate seedings.

(.24 conversion for 100-200-110HH-100H-300H. .14 conversion for 400-800-1600-3200-Relays)

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.

ENTRY DEADLINE: All entries must be received by Direct Athletics on or before Midnight, April 12th, **No updates after the entry deadline. All coaches can verify entries on Monday, April 14, 2008 at www.directathletics.com or www.lynbrooksports.com** Entry Fees will be posted at www.lynbrooksports.com **by Monday, April 14, 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: (scratch meeting will be held at 3:30pm on meet day)

- Award medals to 1-2-3 place finishers; team champion plaques; athlete of meet medals
- Scoring will be 10-8-6-4-2-1 point system
- Admission: Adult \$5.00 Students \$2.00
- Finish Lynx timing system on the finish line, all weather track and runways
- Lane assignments will be seeded by best times and marks
- Athletic Trainer will be available at the meet
- T-Shirts (\$12) and Programs (\$2) For Sale; Concession stand will be open.

MEET DIRECTORS

Willie Harmatz (408) 206-9973 or (408) 354-7365 or fax to (408) 265-1147 or
email: willieharmatz@aol.com
Rick Milam (408) 275-9448 or 1.800.597.9897 work
Mike Dudley (408) 509-7105

ENTRIES MUST BE RECEIVED BY MIDNIGHT, Sat., April 12, 2008

**** Entering times must be electronic- NO HAND TIMES ACCEPTED**

**“Top 8” Track & Field Classic
29th Annual**

Los Gatos High School
Friday April 18, 2008

ORDER OF EVENTS & TIME SCHEDULE

<u>Field Events</u>			<u>Track Events</u>		
1	3:00	Varsity Discus	19	4:30	4x100 Relay Girls
2	3:00	Girls Pole Vault	20		Varsity
3	3:45	F/S High Jump	21		F/S
4	3:45	F/S Shot Put	22	4:45	1600 Girls
5	4:00	Girls Triple Jump	23		Varsity
6	4:00	Varsity Long Jump	24		F/S
7	4:15	Girls Discus	25	5:30	100 LH Girls
8	4:45	Varsity Pole Vault	26		110 HH Varsity
9	5:15	Girls High Jump	27		65 HH F/S
10	5:30	Varsity Shot Put	28	6:00	400 Girls
11	5:30	F/S Triple Jump	29		Varsity
12	5:30	Girls Long Jump	30		F/S
13	5:30	F/S Discus	31	6:15	100 Girls
14	6:30	F/S Pole Vault	32		Varsity
15	6:45	Varsity High Jump	33		F/S
16	7:00	Girls Shot Put	34	6:40	800 Girls
17	7:00	Varsity Triple Jump	35		Varsity
18	7:00	F/S Long Jump	36		F/S
			37	7:05	300 IH Girls
			38		Varsity
			39		F/S
			40	7:25	200 Girls
			41		Varsity
			42		F/S
			43	7:40	3200 Girls
			44		Varsity
			45		F/S
			46	8:25	4x400 Relay F/S
			47		Girls
			48		Varsity

All athletes 3 attempts Top 8 athletes
Get 3 additional attempts in Shot Put, Discus,
Long Jump and Triple Jump

"Top 8" Track & Field Classic

General Guideline Minimum Entering Times / Mark Standards

Top times are seeded in fast heat. Slow heat is run first, followed by fast heat. Standards listed below are based on the average slowest entering time / mark that qualified to be entered in the meet from the last 3 years.

VARSITY BOYS

100 Meters	11.40 (2 heats of 8)
200 Meters	23.10 (2 heats of 8)
400 Meters	52.14 (2 heats of 8)
800 Meters	2:02.20 (2 heats of 12)
1600 Meters	4:34.00 (1 heat of 16)
3200 Meters	10:12.00 (1 heat of 20)
110/100 H	15.50 (2 heats of 8)
300 IH	42.24 (2 heats of 8)
4 x 100 R	44.90 (2 heats of 8)
4 x 400 R	3:39.99 (2 heats of 8)
Shot Put	47' 5" (1 flight of 10)
Discus	141' 5" (1 flight of 10)
High Jump	6' 1" (1 flight of 10)
Long Jump	20' 11" (1 flight of 10)
Triple Jump	42' 9" (1 flight of 10)
Pole Vault	13' 6" (1 flight of 10)

VARSITY GIRLS

100 Meters	13.00 (2 heats of 8)
200 Meters	27.00 (2 heats of 8)
400 Meters	61.50 (2 heats of 8)
800 Meters	2:28.40 (2 heats of 12)
1600 Meters	5:24.00 (1 heat of 16)
3200 Meters	12:04.00 (1 heat of 20)
110/100 H	17.00 (2 heats of 8)
300 IH	49.90 (2 heats of 8)
4 x 100 R	52.40 (2 heats of 8)
4 x 400 R	4:24.00 (2 heats of 8)
Shot Put	33' 10" (1 flight of 10)
Discus	102' 0" (1 flight of 10)
High Jump	5' 1" (1 Flight of 10)
Long Jump	15' 11" (1 flight of 10)
Triple Jump	33' 4" (1 flight of 10)
Pole Vault	9' 0" (1 flight of 10)

Note: F/S Boys have already been entered from qualifying from the F/S Classic

All times and marks must be made this year, appear in the San Jose Mercury News "Top Mark List" and the www.lynbrooksports.com website. If your athletes are not on either list your entry will not be accepted. In order to get your athlete accepted and on "Top Mark List" you must contact Hank Lawson at hanklaw@ix.netcom.com

Entry Fees:

\$6.00 per athlete per event _____ = \$ _____
(Number of Athletes) x \$ 6.00

\$16.00 per Relay Team _____ = \$ _____
(Number of Relay Teams) x \$ 16.00

Total=\$ _____

ENTRIES MUST BE RECEIVED BY MIDNIGHT, SATURDAY, APRIL 12, 2008

All entering times must be electric to the hundredths of a second.

If you have a hand time, convert it, in order to seed properly.

(.24 conversion for 100-200-110H-100H-300H. .14 conversion for 400-800-1600-3200-Relays)

DON'T PUT F/S BOYS ON THE ENTRIES, FOR THEY QUALIFY FROM THE F/S CLASSIC

How to Submit Online Entries to Central Coast's "Top 8" 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.

All Entries Must Be Posted on Top Marks List at San Jose Mercury News and www.lynbrooksports.com

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