

CCS "TOP 8" TRACK & FIELD CLASSIC

LOS GATOS HIGH SCHOOL

FRIDAY, APRIL 22, 2011

The 32nd Annual CCS Top 8" Track and Field Classic will be held on Friday, April 22nd on the Los Gatos High School Track. The meet previews our top athletes from the central coast section prior to their league, section and state meets.

All times must be electronic to the thousandths 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 on 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 April 1.

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, Saturday, April 16th.
No updates after the entry deadline. All coaches can verify entries on Tuesday, April 19, 2011 on www.lynbrooksports.com. Entry Fees will be posted at www.lynbrooksports.com on Tuesday, April 19, 2011.

MAKE CHECK PAYABLE TO: Los Gatos Athletic Association (Attn: Top 8 Classic)
Pay at the Gate or Send To:

Los Gatos Athletic Association
P.O. Box 1334
Los Gatos, CA 95031

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; 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 (\$13) and Programs (\$2) For Sale; Concession stand will be open.

MEET DIRECTORS

Willie Harmatz (408) 206-9973 or (408) 354-7365 or email: willieharmatz@aol.com
Mike Dudley (408) 509-7105

Entries Must Be Received By Midnight, Sat., April 16, 2011

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

CCS "Top 8" Track & Field Classic

32nd Annual

Los Gatos High School

Friday April 22, 2011

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
		All athletes 3 attempts Top 8 athletes	38		Varsity
		Get 3 additional attempts in Shot Put, Discus,	39		F/S
		Long Jump and Triple Jump	40	7:25	200 Girls
			41		Varsity
		Athletes must check in 30 minutes	42		F/S
		Prior to their event	43	7:40	3200 Girls
			44		Varsity
			45		F/S
			46	8:25	4x400 Relay F/S
			47		Girls
			48		Varsity

CCS "Top 8" Track Classic

Minimum Entry Time/Marks Standards

Top times are seeded in the fast heat. Fastest seeded heats are run first, followed by the second heats. These standards below are based on the average slowest or lowest entering times/marks that qualified in the meet from the last 3 years. These are just guidelines to follow in entering your athletes, and does not mean your athletes made it. Final entries will be on www.lynbrooksports.com

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	2:02.00 (2 heats of 12)
1600 Meters	4:34.00 (2 heats of 16)
3200 Meters	10:12.00 (1 heat of 20)
110 Hurdles	15.50 (2 heats of 8)
300 Hurdles	42.24 (2 heats of 8)
4x100 Relay	44.90 (2 heats of 8)
4x400 Relay	3:39.99 (2 heats of 8)
Shot Put	47' 5" (1 flight of 10)
Discus	141' 5" (1 flight of 12)
High Jump	6' 1" (1 flight of 12)
Long Jump	20' 11" (1 flight of 12)
Triple Jump	42' 9" (1 flight of 12)
Pole Vault	13' 6" (1 flight of 12)

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 (2 heats of 16)
3200 Meters	12:04.00 (1 heat of 20)
100 Hurdles	17.00 (2 heats of 8)
300 Hurdles	49.90 (2 heats of 8)
4x100 Relay	52.40 (2 heats of 8)
4x400 Relay	4:24.00 (2 heats of 8)
Shot Put	33' 10" (1 flight of 12)
Discus	102' 0" (1 flight of 12)
High Jump	5' 0" (1 flight of 12)
Long Jump	15' 11" (1 flight of 12)
Triple Jump	33' 4" (1 flight of 12)
Pole Vault	9' 0" (1 flight of 12)

Note: F/S Boys qualifiers have already been entered from the CCS F/S Classic. Do not re-enter them unless you want to enter them in the Varsity Boys, and drop them from the F/S division.

** All times and marks, must be made this year. They must appear in the San Jose Mercury News Top Marks List and/or on the www.lynbrooksports.com website. If your athletes are not on either list, your entry will not be accepted. In order to get your athletes accepted and get on the "Top Marks List", you must contact Hank Lawson at: hanklaw@ix.netcom.com
Any questions, email Willie at willieharmatz@aol.com.

ENTRIES MUST BE RECEIVED BY MIDNIGHT, SATURDAY, APRIL 16, 2011