

"DON BELL" QUICKSILVER CLASSIC LELAND HIGH SCHOOL SATURDAY, APRIL 8TH 2006

The 1st Annual "DON BELL" Quicksilver Classic will be held on Saturday, April 8th, 2006 on the **Newly constructed Leland High School Track**. We will feature an **All-Weather 8 Lane Track, Finish Lynx Timing System, Officials from the Pacific Association of the USATF and Rick Milam as Meet Coordinator**. This should be an excellent opportunity for your athletes to ready themselves for the C.C.S "Top 8" meet scheduled for April 21st.

We will be accepting the top 32 marks in each event (Varsity Boys and Varsity Girls). All times and marks must be achieved this year. The format will be 4 Heats of 8 with places determined by time.

AWARDS: Custom Medals for 1st - 6th Place. Team Championship Plaques

ENTRY FEE: \$5.00 per event for individuals and \$15.00 per relay team, - Varsity Boys and Varsity Girls. Please put your fax number and e-mail address on your entry form, in case we have any questions concerning your entries. All entries may be mailed or paid at the gate on meet day. All fees must be paid prior to competition.

ENTRY DEADLINE: All entries must be received on or before Thursday, March 30th. You can mail, fax or e-mail your entries. Our fax number is (408)997-6733 and e-mail address is jerry.rose@excite.com. Coaches can update their athletes marks, after the deadline, up to 5:00 PM Sunday, April 2nd by e-mail only. We will phone or e-mail you with your entries and entry fees by Tuesday, April 4th.

*****MAKE CHECKS PAYABLE TO: Leland High School Track Fund**

SEND TO: Jerry Rose
Leland High School
6677 Camden Ave.
San Jose, CA 95120

SCRATCHES: If you need to scratch an athlete, e-mail Jerry at jerry.rose@excite.com. Scratches made before Monday, April 3rd 12:00 Noon, will not be charged.

GENERAL INFORMATION: (Scratch meeting will be held at 9:00 am on the day of the meet)

- ..1/4" Spikes ONLY - Spikes will be checked at the Starting Line**
- .. Scoring will be 10 - 8 - 6 - 4 - 2 - 1 point system.
- .. Admission: Adults \$3.00 Students \$1.00
- .. Finish Lynx Timing System on the finish line, all weather track and runways.
- .. Lane assignments will be seeded by best times and marks - Slow to Fast Heats - All Races run as Finals. Final placement determined by time.
- .. Athletic Trainer will be available at the meet.
- .. T-Shirts and Programs for sale; Concession Stand will be open.

MEET DIRECTOR/COORDINATOR

Jerry Rose (408) 425-0437 or (408) 535-6290 X369 or fax to (408) 997-6733 or e-mail: jerry.rose@excite.com
Meet Director

Rick Milam (408) 241-6578 home (408) 275-9448 work
Meet Coordinator

"DON BELL" Quicksilver Classic
Leland High School
Saturday, April 8, 2006
ORDER OF EVENTS & TENTATIVE TIME SCHEDULE

Field Events

<u>Event #</u>	<u>Time</u>	<u>Event</u>	<u>Event #</u>	<u>Time</u>	<u>Event</u>
1.	9:30	Varsity Discus	7.	12:00	Varsity Triple Jump
2.		Girls Pole Vault	8.		Girls Discus
3.		Girls Triple Jump	9.		Girls Long Jump
4.		Varsity Long Jump	10.	12:30	Varsity High Jump
5.	10:00	Girls High Jump	11.		Varsity Shot Put
6.		Girls Shot Put	12.	1:00	Varsity Pole Vault

Track Events

<u>Event #</u>	<u>Time</u>	<u>Event</u>	<u>Event #</u>	<u>Time</u>	<u>Event</u>
13.	10:00	4 X 100 Relay - Girls	V. 100M (Cont)		Heat #4
		Heat #2	23.	1:20	800 Meters - Girls
		Heat #3			Heat #2
		Heat #4			Heat #3
14.	10:20	4 X 100 Relay - Varsity	24.		Heat #4
		Heat #2		1:45	800 Meters - Varsity
		Heat #3			Heat #2
		Heat #4			Heat #3
15.	10:40	1600 Meter Run - Girls	25.		Heat #4
		Heat #2		2:10	300 M LH - Girls
16.	11:00	1600 Meter Run - Varsity			Heat #2
		Heat #2			Heat #3
17.	11:20	100 M HH - Girls			Heat #4
		Heat #2	26.	2:30	300 M IH - Varsity
		Heat #3			Heat #2
		Heat #4			Heat #3
18.	11:40	110 M HH - Varsity			Heat #4
		Heat #2	27.	2:50	200 Meters - Girls
		Heat #3			Heat #2
		Heat #4			Heat #3
19.	12:00	400 Meters - Girls			Heat #4
		Heat #2	28.	3:10	200 Meters - Varsity
		Heat #3			Heat #2
		Heat #4			Heat #3
20.	12:20	400 Meters - Varsity			Heat #4
		Heat #2	29.	3:30	3200 Meters - Girls
		Heat #3	30.	4:00	3200 Meters - Varsity
		Heat #4	31.	4:45	4 X 400 Relay - Girls
21.	12:40	100 Meters - Girls			Heat #2
		Heat #2			Heat #3
		Heat #3			Heat #4
		Heat #4	32.	5:15	4X 400 Relay - Varsity
22.	1:00	100 Meters - Varsity			Heat #2
		Heat #2			Heat #3
		Heat #3			Heat #4

******NOTE: Meet may run ahead of listed time schedule. Please have your athletes at the meet 1 Hr prior to the scheduled event time.**

COACHES

LELAND HIGH SCHOOL is honored to invite you and your teams to the 2nd ANNUAL

“DON BELL” QUICKSILVER CLASSIC

SATURDAY, APRIL 8th 2006

PLEASE MARK THIS DATE ON YOUR CALENDARS AND SCHEDULE YOUR VARSITY BOYS & GIRLS TEAMS TO BE IN ATTENDANCE

MEET FEATURES:

- NEWLY CONSTRUCTED 8 LANE ALL WEATHER FACILITIES**
- FINISH LYNX TIMING SYSTEM**
- OFFICIALS from the PACIFIC ASSOCIATION of the USATF**
- AWARDS: CUSTOM MEDALS FROM 1st to 6th PLACE TEAM CHAMPIONSHIP PLAQUES**
- ATHLETIC TRAINER ON SITE**
- RICK MILAM - MEET COORDINATOR**
- EXCELLENT OPPORTUNITY TO UPDATE YOUR TIMES FOR THE “TOP 8” MEET JUST A LITTLE OVER A WEEK AWAY.**
- LELAND is Located in the HEART of the C.C.S.**

THIS WILL BE A QUALITY MEET YOU WILL NOT WANT TO MISS

HOPE TO SEE YOU SATURDAY, APRIL 8th

GOOD LUCK THIS SEASON

DIRECTIONS

From South of San Jose:

- Take Highway 101 North to Highway 85 North
- Take Highway 85 North to Almaden Expressway
- Turn Left onto Almaden Expwy
- Proceed to the 7th light (Camden Ave)
- Turn Left onto Camden Ave. About a mile up and on the Right side will be Leland High School.
- Park in the main lot near the Tennis Courts.
- Entrance to the Track is located behind the Tennis Courts

From North of San Jose:

- Take Highway 85 South to Almaden Expressway (this will exit will dump off behind a shopping center) At the First light take Left.
- Then take a Right onto Almaden Expressway.
- Proceed to the 7th light (Camden Ave)
- Turn Left onto Camden Ave. About a mile up and on the Right side will be Leland High School.
- Park in the main lot near the Tennis Courts.
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From Santa Cruz:

- Take Highway 17 to Highway 85 South (Just past Los Gatos, Lark Ave)
- Take Highway 85 South to Almaden Expressway (this will exit will dump off behind a shopping center) At the First light take Left.
- Then take a Right onto Almaden Expressway.
- Proceed to the 7th light (Camden Ave)
- Turn Left onto Camden Ave. About a mile up and on the Right side will be Leland High School.
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From Milpitas:

- Take the Highway 680 South, as it crosses Highway 101 it will become Highway 280.
- Proceed on highway 280 to Guadalupe Expressway North
- Take the Almaden Expressway exit to the Right (There is only one exit)
- Continue on Almaden Expressway to Camden Ave. and turn Left onto Camden Ave. About a mile up and on the Right side will be Leland High School.
- Park in the main lot near the Tennis Courts.
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