

CCS "TOP 8" TRACK & FIELD CLASSIC

SAN JOSE CITY COLLEGE

FRIDAY, APRIL 17, 2015

The 37th Annual CCS Top 8" Track and Field Classic will be held on Friday, April 17th on the San Jose City College Track. The meet previews our top athletes from the Central Coast Section area prior to their league, section and state meets.

ALL TIMES MUST BE ELECTRONIC to the thousands of a second (no hand times accepted) and marks must be made this year, and appear in the San Jose Mercury News "Top Mark List" or on the www.lynbrooksports.com website for the Varsity Boys and Varsity Girls. The top submitted times or marks in each event in Varsity Boys, Varsity Girls, and F/S Boys will qualify. The Varsity Boys and Varsity Girls times and marks will be verified. See the minimum entry times/marks standards sheet for a guideline in entering your athletes. Since there is no F/S Classic this year, the F/S Boys will qualify only from the top entering times and marks from the current season. Coaches must use only this season times and marks, not projected times or estimates. There will be one more added heat in the F/S Boys, and Varsity Girls since there is no F/S Classic.

ENTRY FEES: \$7.00 per event for individuals and \$16.00 per relay team

All "ENTRIES" will be submitted to www.directathletics.com (see attached sheet)

Coaches must put their email and phone on directathletics upon entering their athletes, 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 before 11:00pm, Sat. April 11th, No updates after the entry deadline. All coaches can verify entries on Tuesday, April 14, 2015 at www.lynbrooksports.com. Entry Fees will be posted at www.lynbrooksports.com Tuesday, April 14. Make sure you enter your F/S Boys in the same manner as the Varsity Boys and Varsity Girls.

MAKE CHECK PAYABLE TO: Los Gatos Athletic Association Attn: Top 8 Classic

Pay at the Gate or Send To: Los Gatos Athletic Association/CCS Top 8

P.O. Box 1334

Los Gatos, CA 95031

Scratch meeting will be held at 3:10 PM

GENERAL INFORMATION: (scratch meeting will be held at 3:10pm 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 \$6.00 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 (\$15) 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, email: trackdudley@aol.com

ENTRIES MUST BE RECEIVED BY 11:00pm, Sat., April 11, 2015

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

CCS "Top 8" Track & Field Classic
37th Annual
San Jose City College
Friday April 17, 2015

ORDER OF EVENTS & TIME SCHEDULE

Field Events

1	3:10	Varsity Discus
2	3:10	F/S Pole Vault
3	3:30	F/S High Jump
4	3:30	F/S Shot Put
5	3:35	Girls Triple Jump
6	3:35	Varsity Long Jump
7	4:30	Girls Discus
8	4:30	Varsity Pole Vault
9	5:05	Girls High Jump
10	5:05	Varsity Shot Put
11	5:15	F/S Triple Jump
12	5:15	Girls Long Jump
13	5:50	F/S Discus
14	6:00	Girls Pole Vault
15	6:45	Varsity High Jump
16	6:45	Girls Shot Put
17	7:00	Varsity Triple Jump
18	7:00	F/S Long Jump

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

All field athletes must check no later than 15 minutes prior to their event

Field alternates may only get into the event if there is a scratch after final call.

Athletes doing a field and running event at the same time, must tell the field judge when leaving and returning. If not, and their turn is up, they will scratch that attempt. Telling the judge, will allow to make up the attempt only if the flight, height, or event is not over.

Track Events

19	4:15	4x100 Relay	Girls
20		"	Varsity
21		"	F/S
22	4:35	1600	Girls
23		"	Varsity
24		"	F/S
25	5:15	100 LH	Girls
26		110 HH	Varsity
27		65 HH	F/S
28	5:45	400	Girls
29		"	Varsity
30		"	F/S
31	6:05	100	Girls
32		"	Varsity
33		"	F/S
34	6:35	800	Girls
35		"	Varsity
36		"	F/S
37	7:05	300 IH	Girls
38		"	Varsity
39		"	F/S
40	7:30	200	Girls
41		"	Varsity
42		"	F/S
43	7:50	3200	Girls
44		"	Varsity
45		"	F/S
46	8:40	4x400 Relay	F/S
47		"	Girls
48		"	Varsity

All running events, fast heat is first.

All track athletes must check in at least 20 minutes prior to the event at the clerk. If not by final call, the alternates will be put in.

CCS "Top 8" Track Classic

Minimum Entry Time/Marks Standards

Top times are seeded in the fast heat, which will be run first. These standards below are based on the 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

	<u>Varsity Boys</u>	<u>Varsity Girls</u>	<u>F/S Boys</u>
100 Meters	11.40 (2 heats of 8)	13.00 (3 heats of 8)	11.99 (2 heats of 8)
200 Meters	23.10 (2 heats of 8)	27.00 (3 heats of 8)	24.80 (2 heats of 8)
400 Meters	52.14 (2 heats of 8)	61.50 (3 heats of 8)	55.80 (2 heats of 8)
800 Meters	2:02.00 (2 heats of 12)	2:28.40 (3 heats of 12)	2:09.9 (2 heats of 12)
1600 Meters	4:34.00 (2 heats of 16)	5:24.00 (2 heats of 20)	4:55.0 (2 heats of 16)
3200 Meters	10:12.00 (1 heat of 20)	12:04.00 (1 heat of 25)	10:50.0 (1 heat of 25)
110 Hurdles	15.50 (2 heats of 8)	17.00 (3 heats of 8)	65HH-11.20 (2 heats of 8)
300 Hurdles	42.24 (2 heats of 8)	49.90 (3 heats of 8)	48.50 (2 heats of 8)
4x100 Relay	44.90 (2 heats of 8)	52.80 (3 heats of 8)	48.50 (2 heats of 8)
4x400 Relay	3:39.90 (2 heats of 8)	4:26.00 (3 heats of 8)	3:52.50 (2 heats of 8)
Shot Put	47' 5" (1 flight of 12)	33' 10" (2 flights of 8)	39' 0" (2 flights of 8)
Discus	141' 5" (1 flight of 10)	102' 0" (2 flights of 8)	108' 0" (2 flights of 8)
High Jump	6' 1" (1 flight of 12)	5' 0" (1 flight of 16)	5' 2" (1 flight of 16)
Long Jump	20' 11" (1 flight of 12)	15' 11" (2 flights of 8)	17' 0" (2 flights of 8)
Triple Jump	42' 9" (1 flight of 12)	33' 4" (2 flights of 8)	36' 2" (2 flights of 8)
Pole Vault	13' 6" (1 flight of 12)	9' 0" (2 flights of 8)	9' 6" (1 flight of 12)

Note: Enter your F/S Boys the same way as the Varsity Boys and Girls on www.directathletics.com

**** 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 for the Varsity Boys and Varsity Girls. If your athletes are not on either list in the Varsity Boys and Girls, 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 hanklawtrack@gmail.com . For the F/S Boys, please use accurate FAT times and accurate field event marks. Any questions, email Willie at willieharmatz@aol.com.**

REMEMBER - these are just general guidelines to follow in entering your athletes, it does not mean they made it into the meet or not. The cut-offs will be determined by the depth of times and marks from each event that reach the certain number of entries only.

ENTRIES MUST BE RECEIVED BY 11:00pm, SATURDAY, APRIL 11, 2015

DIRECT ATHLETICS

How to Submit Online Entries for "Top 8" Track and Field Classic April 17, 2015

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....
<ol style="list-style-type: none">1) Go to www.directathletics.com2) In the login box, enter your username and password and click Login. <p>(Remember that your password is case-sensitive)</p>	<ol style="list-style-type: none">1) Go to www.directathletics.com2) 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 or on www.lynbrooksports.com in the Varsity Boys and Varsity Girls. F/S Boys enter the same way.

ENTRIES MUST BE RECEIVED BY 11:00pm SATURDAY, APRIL 11, 2015