12TH ANNUAL
"Don Bell" QUICKSILVER CLASSIC
LELAND HIGH SCHOOL
SATURDAY, APRIL 9, 2016

Leland High School will host the 12th Annual "Don Bell" Quicksilver Classic will be held on Saturday, April 9, 2016 on the Leland High School Track. There will be Varsity and Frosh-Soph Divisions for Boys & Girls.

SCHEDULE: This years meet will feature split divisions as the F/S Boys and F/S Girls will compete in the morning while the Varsity Boys and Varsity Girls will compete in the afternoon session.

MEET POLICIES for Athletes and Coaches:

1. **All athletes in running events must check in 40 minutes prior to the start of their event** so that we will be able to set up and condense heats (seed on the fly). **Athletes NOT checked in will be scratched from their event**. Athletes must report back 15 minutes prior to the start of their event for heat, lane assignments and hip numbers.
2. **All field event athletes must check in 30 minutes prior to the start of their event** so flights may be established. **Athletes NOT checked in will be scratched from their event**. Each **VARSITY athlete will receive 4 attempts in the Shot, Discus, Long Jump, and Triple Jump**. Each **Frosh-Soph/JV athlete will receive 3 attempts in the Shot, Discus, Long Jump, and Triple Jump**.
3. **All running events will be final**.
4. All warm ups should take place on the turf adjacent to the Discus area, not inside the track stadium.

 Note: All "ENTRIES" must be submitted to www.directathletics.com **ONLY!!! (SEE ATTACHED SHEET)**
*********************DO NOT Submit your entries through *ATHLETIC.NET* **************************************
PLEASE LIMIT YOUR ENTRIES TO YOUR TOP 3/4 IN EACH EVENT

ENTRY DEADLINE: All entries must be received by Direct Athletics before Midnight, Monday, April 4, 2016…No updates after the entry deadline… Coaches can check posted entries and entry fees on the following website on Wednesday, April 7th www.lynbrooksports.com your **entries will be verified, only on the website.**

ENTRY FEE: $5.00 per event for individuals and $15.00 per relay team.
MAXIMUN FEE $350.00 (Includes all 4 divisions)
SCRATCHES: If you need to scratch an athlete before the entry deadline, do so on Direct Athletics. NO Scratches or additions after entry deadline. NO Entries will be allowed on meet day, Substitutions ONLY

MAKE CHECK PAYABLE TO: Leland High School Track Fund SEND TO: Jerry Rose
.   Leland High School
                                                                                                6677 Camden Avenue
                                                                                                San Jose, CA 95120

GENERAL INFORMATION:
- Award medals to 1-2-3-4-5-6 place finishers in EACH DIVISION.
- Scoring will be 10-8-6-4-2-1
- 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 - Slow to Fast Heats – all races run as finals. Final placement will be determined by time.
- Athletic Trainer will be available at the meet
- T-Shirts For Sale ($12 each - Two for $20)
- Programs For Sale ($2)
- Concession stand will be open.

MEET DIRECTOR / COORDINATOR
Jerry Rose   (408) 425-0437 or (408) 268-7048
Meet Director   Email: JerryRose100@gmail.com
Mike Dudley   (408) 509-7105
Meet Coordinator   Email: trackdudley@aol.com

ALL ENTRIES MUST BE RECEIVED ON OR BEFORE MONDAY, APRIL 4, 2016

Field Events - _Check-In 30 minutes prior to Start of Event_

#	Time	Event
1	8:30 AM	Boys F/S Shot Put
2		Girls F/S Discus
3		Girls F/S Pole Vault
4		Boys F/S Long Jump
5		Girls F/S High Jump
6		Girls F/S Triple Jump
7	10:30 AM	Girls F/S Shot Put
8		Boys F/S Discus
9		Boys F/S Pole Vault
10		Girls F/S Long Jump
11		Boys F/S High Jump
12		Boys F/S Triple Jump
13	1:00 PM	Boys Varsity Shot Put
14		Girls Varsity Discus
15		Girls Varsity Pole Vault
16		Boys Varsity Long Jump
17		Girls Varsity High Jump
18		Girls Varsity Triple Jump
19	3:00 AM	Girls Varsity Shot Put
20		Boys Varsity Discus
21		Boys Varsity Pole Vault
22		Girls Varsity Long Jump
23		Boys Varsity high Jump
24		Boys Varsity Triple Jump

Running Events Start at 9:00 AM

#	Event	Division	Check-In
25	4x100m Relay	Girls F/S	Check-in by 8:30 am
26	4x100m Relay	Boys F/S	Check-in by 8:30 am
27	1600m	Girls F/S	Check-in by 8:45 am
28	1600m	Boys F/S	Check-in by 8:45 am
29	100m HH	Girls F/S	Check-in by 9:00 am
30	65m HH	Boys F/S	Check-in by 9:00 am
31	400m	Girls F/S	Check-in by Start of F/S 1600m
32	400m	Boys F/S	Check-in by Start of F/S 1600m
33	100m	Girls F/S	Check-in by Start of F/S 100m HH
34	100m	Boys F/S	Check-in by Start of F/S 100m HH
35	800m	Girls F/S	Check-in by Start of F/S 400m
36	800m	Boys F/S	Check-in by Start of F/S 400m
37	300m LH	Girls F/S	Check-in by Start of F/S 100m
38	300m IH	Boys F/S	Check-In by Start of F/S 100m
39	200m	Girls F/S	Check-In by Start of F/S 800m
40	200m	Boys F/S	Check-In by Start of F/S 800m
41	3200m	Girls F/S	Check-In by Start of F/S 300m LH
42	3200m	Boys F/S	Check-In by Start of F/S 300m LH
43	4x400m Relay	Girls F/S	Check-In by Start of F/S 200m
44	4x400m Relay	Boys F/S	Check-In by Start of F/S 200m
45	4x100m Relay	Girls	Check-In by Start of F/S 4x400m Relay
46	4x100m Relay	Varsity	Check-In by Start of F/S 4x400m Relay
47	1600m	Girls Varsity	Check-In by Start of F/S 4x400m Relay
48	1600m	Boys Varsity	Check-In by Start of F/S 4x400m Relay
49	100m HH	Girls Varsity	Check-in by Start of Girls Varsity 1600m
50	110m HH	Boys Varsity	Check-In by Start of Girls Varsity 1600m
51	400m	Girls Varsity	Check-In by Start of Girls Varsity 100m HH
52	400m	Boys Varsity	Check-In by Start of Girls Varsity 100m HH
53	100m	Girls Varsity	Check-In by Start of Girls Varsity 400m
54	100m	Boys Varsity	Check-In by Start of Girls Varsity 400m
55	800m	Girls Varsity	Check-In by Start of Girls Varsity 100m
56	800m	Boys Varsity	Check-In by Start of Girls Varsity 100m
57	300m LH	Girls	Check-In by Start of Girls Varsity 800m
58	300m IH	Varsity	Check-In by Start of Girls Varsity 800m
59	200m	Girls	Check-In by Start of Girls Varsity 300m LH
60	200M	Varsity	Check-In by Start of Girls Varsity 300m LH
61	3200m	Girls	Check-In by Start of Girls Varsity 200m

62	3200m	Varsity	Check-In by Start of Girls Varsity 200m
63	4x400m Relay	Girls	Check-In by Start of Girls Varsity 3200m
64	4x400m Relay	Varsity	Check-In by Start of Girls Varsity 3200m

FIELD EVENTS

8:30 AM
Boys F/S Shot Put
Girls F/S Discus
Girls F/S High Jump
Boys F/S Long Jump
Girls F/S Triple Jump
Girls F/S Pole Vault

10:30 AM
Girls F/S Shot Put
Boys F/S Discus
Boys F/S High Jump
Girls F/S Long Jump
Boys F/S Triple Jump
Boys F/S Pole Vault

1:00 PM
Boys Varsity Shot Put
Girls Varsity Discus
Girls Varsity High Jump
Boys Varsity Long Jump
Girls Varsity Triple Jump
Girls Varsity Pole Vault

3:00 PM
Girls Varsity Shot Put
Boys Varsity Discus
Boys Varsity High Jump
Girls Varsity Long Jump
Boys Varsity Triple Jump
Boys Varsity Pole Vault

Direct Athletics

How to Submit Online Entries to Quicksilver Saturday, April 9, 2016

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 & Field team, and know your username and passwd	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 MONDAY, APRIL 4, 2016