



TOP 8 -- UPDATES

To All Coaches and Athletic Directors,

MEET DATE AND TIME

Saturday, April 19, 2025

Fresh/Soph Top 8 --- 8am to 1pm

Varsity Top 8 -- 2pm – 8pm

ENTRY INFORMATION

- ALL ENTRIES should be completed on www.athletic.net. Entries submitted by any other method will NOT BE ACCEPTED.
- All entries are due by **SUNDAY, April 13, 2025 @ 11:00 P.M.** You may update or change your entries anytime up until the deadline.
- **NO LATE ENTRIES WILL BE ACCEPTED.**
- Athletes will be considered according to marks submitted by the close of entries – there will be no opportunity to update/amend performances after the entry deadline.
- Every athlete needs to have a mark in their event to be included in the meet.
- We will continue with the format of 16 of the top event marks +8 non-guaranteed alternates for the Saturday meet.

RELAY ENTRY PROCEDURE

- When possible, please enter actual relay marks that have been achieved in the 2025 season.
- **RELAY TEAMS – YOU NEED TO PUT IN YOUR CURRENT SEASON BEST. FAILURE TO DO THIS WILL RESULT IN YOUR TEAM NOT BEING SEEDED.**

ENTRY GUIDELINES

- We will attempt to accept all entrants who meet the guidelines below so as to not exceed the field size limit for that event.
- Please note the opening heights and minimum measured distances will be posted after the accepted entry list is posted.
- It is recommended that the following performances have been achieved in the 2025 season,
- Please note that meet management reserves the right to adjust field sizes as necessary to ensure the meet has the best competitive atmosphere possible.
- **Fresh/Soph Athletes Who compete in the AM or morning session of Top 8 -- can not compete in the Varsity Top 8 meet. ---**

COMPETITION INFORMATION

- Please see the meet schedule for individual event times and number of heats/flights.
- The meet schedule is a guideline. **IF MEET MANAGEMENT HAS THE ABILITY TO RUN AHEAD OF SCHEDULE WE WILL DO SO.**
- **WE WILL NOT RUN MORE THAN 30 MINUTES AHEAD OF SCHEDULE.**

EVENT CHECK IN

- In running events, all relay teams and individual contestants will report to the Clerk of The Course. Clerk is located at the east end of the track near the warm-up field. They will be given instructions at that time.
- Field event athletes will check in at the event.
- **CHECK-IN CLOSES 30 MINUTES PRIOR TO THE START OF THE EVENT.**
- **WE WILL HAVE A COACHES BOX – for field events.**
- Once Athletes are walked on to the field.. They are permitted to do some strides in the designated area..

RUNNING EVENTS

- Running events for Fresh /Soph will begin at 8:00 am
- **Running Events for Varsity will begin at 3:00pm**

FIELD EVENTS

- Field events will begin at 8:00 am for Fres/Soph division
- The field for the shot put and discus will be limited to no more than 16 contestants (2 flights of 8 each).
- The long and triple jump will be limited to no more than 16 athletes (2 flights of 8 each).
- **In the field events**, triple jump, long jump, shot put and discus, each athlete will receive 3 attempts. There will be **2 additional attempts for Finals**. **Finals will consist of the Top 8**. The overall best marks will Place.
- **Places for Fresh/Soph – Top 3 and Varsity Top 6**
- The high jump and pole vault will follow the “5 alive” format—subject to change.
- The pole vault will have ONE pit for competition.
- Starting heights and progression will be determined once entries are complete.

IMPLEMENT WEIGH INS

- We will be weighing in implements at the Main Gate Entrance.
- Weigh ins will begin at 7:00 am for Fresh/Soph and **1:00pm for Varsity**
- Implements not making weight will be held until after the event is completed.
- All implements will be taken to the areas for warm ups..

ENTRY FEES AND PAVEMENT PROCEDURES

- All entry fees must be paid in full before your packet is issued. Entry fees are calculated based upon the status of **ACCEPTED ENTRIES**. **Accepted Entries will be found on Athletic.net by end of day on Monday, April 14, 2025.**
- All Fees must be paid in full prior to the event, in order for packet to be issued. Please plan accordingly with your Athletic Director or School.
- **Individuals: \$25.00 per athlete per individual event entered; Relays: \$40.00 per relay team entered.**
- **Each packet will have a program, 2 coaches meal tickets and wristbands for coaches and athletes.**

ALTERNATES

- Alternates for each event will be published.
- Alternates should check in with the clerk of the course. If a seeded athlete does not check in by final call then the alternates will be placed into the event.
- **Again Athletes selected for the fresh/soph competition will NOT be Allowed to compete in the Varsity Section.**

RESULTS

- Live results will be posted through the QR code posted throughout the stadium.

AWARDS

- Awards: **Fresh/Soph. medals will be given for the Top 3** in each event. They will be a podium presentation and a photo opportunity for parents and Media.
- Awards for **Varsity will be Top 6**, There will be a Podium Presentation and Photo opportunity for Parents and Media.
- TEAM AWARDS – Overall -- BOYS AND GIRLS will receive a trophy
- Overall Athlete of the meet – based on performance, sportsmanship or sportswoman-ship, track and field Etiquette
- **If time permits – Coaches Relay – This will be right before the 4x 400. Or right after ??**
- **NOTE:** In the case of multiple sections, final results will be based on the best performances across all sections.

TRACK FACILITY INFORMATION

WARM-UP AREA

- The warm-up area will be located on the softball field on the east side of the track.
- Access to the warm-up area is located on the east side of the track near the clerk.

ATHLETES

- Only athletes preparing for the next event should be on the infield.
- **No headphones/electronics** will be allowed on the infield or track.
- All CIF uniform rules will be enforced.

COACHES

- Designated coaches with the proper field passes will be allowed on the infield. If you do not have a field pass please refrain from going down to the infield.
- Coaches are not allowed in the press box or timing area.

SPECTATORS

- **NO SPECTATORS SHOULD BE ON THE INFELD.**
- ATHLETES NOT CURRENTLY COMPETING OR WARMING UP SHOULD NOT BE ON THE MAIN FIELD.

SPORTS MEDICINE

- There will be an athletic trainer on site stationed at the center of the infield.

SPIKE LENGTH

- Pyramid spikes NO longer than 3/16" pyramids must be worn on the track for ALL events. We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose spikes are too long will not be permitted to compete with those spikes.
- We will have replacement spikes for sale...

LOCKER ROOM FACILITIES

- There are no dressing rooms or shower facilities. Meet Management encourages all teams to come to the meet prepared to compete.

GENERAL INFORMATION

ADMISSIONS (UPDATED FOR 2025)

- General Admission: \$15
- student w/ ID \$10,
- Children 5 and under: \$5

T-SHIRTS

- Souvenir t-shirts will be available for purchase near the entry gate.

CONCESSIONS

- Concessions and BBQ will be available throughout the day.

PARKING

- Access to the stadium is from the south entrance of the high school/ The Back parking lot near Helm Field.

OFFICIALS

We are seeking officials to run 2-3 events for Fres/Soph and Varsity (Throws, Jumps) long shifts!. There will be a stipend paid directly to you or your school or {your team fees may be waived}. Must be knowledgeable, kind and flexible. Please email meet director in email.. Doc— Just say Official in memo .. paindoctor@aol.com



TOP 8 -- UPDATES

To All Coaches and Athletic Directors,

44th annual Top 8 meet

Order of events & Time Schedule
Field Events Track events – **VARSIITY ONLY**

VARSIITY

1. warm ups- 1:00PM

FIELD EVENTS

2. 2:00pm Girls –Discus
 Girls – Long Jump
 Girls – High Jump
 Girls -- Pole Vault

Boys –Shot put
Boys –Triple Jump

3. 3:00pm

NATIONAL ANTHEM

4. 4:00pm Girls – Shot put
 Girls – Triple Jump

Boys –Discus
Boys –Long Jump
Boys – Pole Vault

Athletes doing concurrent events must check out with officials in the event. If not, they will forfeit attempts occurring while not having checked out until the event is over

RUNNING EVENTS – ROLLING SCHEDULE

1. 3:00pm **NATIONAL ANTHEM**
2. 3:00pm
Girls 4 x 100m relay (2 heats)
Boys 4 x 100m relay (2 heats)
3. 3:15pm
Girls --1600m (1 heat)
Boys --1600m (1 heat)
4. 3:40pm
Girls –100mh (2 heats)
Boys – 110mh (2 heats)
5. 4:04pm
Girls – 400m (2 heats)
Boys – 400m (2 heats)
6. 4:25pm
Girls –100m (2 heats)
Boys –100m (2 heats)
7. 5:00pm
Girls – 800m (2 heats)
Boys –800m (2 heats)
8. 5:30pm
Girls – 300mh (2 heats)
Boys – 300mh (2 heats)
9. 6:00pm
Girls –4 x 800m relay (1 heat)
Boys –4 x 800m relay(1 heat)
10. 6:40pm
Girls –200m (2 heats)
Boys –200m (2 heats)
11. 7:00pm Girls –3200m (2 heats)* we may attempt 1 heat in the event of no shows*
Boys –3200m (2 heats))* we may attempt 1 heat in the event of no shows*

12. 7:45pm

Girls – 4x 400m relay (2 heats)

Boys – 4 x 400m relay (2 heats)

13. *8:00pm or sooner –

Overall team awards – Boys and Girls

Overall Athlete of the Meet – AOM

14.. Coaches – 4 x 100m Relay --- if time permits --**** there is a good chance we may do this earlier in the meet while setting up for Hurdles *** we will keep you posted – Must be current coaches *****

15 – In some races --)* we may attempt 1 heat in the event of no shows or last minute scratches



TOP 8 -- UPDATES

To All Coaches and Athletic Directors,

44th annual Top 8 meet

Order of events & Time Schedule

Field Events Track events – **FRESH /SOPH ONLY**

Fresh/Soph

1)warm ups- 7:30am

FIELD EVENTS

- | | | |
|------------|---|---|
| 2. 8:00am | Girls – fresh /soph Discus
Girls – fresh / soph Long Jump
Girls – fresh/ soph High Jump | Boys – fresh / soph Shot put
Boys – fresh / soph Triple Jump
Boys – fresh /soph High jump |
| 3. 9:00 am | Girls – fresh/ soph Pole vault | Boys Pole Vault <u>to follow</u> |
| 4. 10:30am | Girls – fresh /soph Shot put
Girls – fresh / soph Triple jump | Boys – fresh / soph Discus
Boys – fresh / soph Long Jump |

Athletes doing concurrent events must check out with officials in the event. If not, they will forfeit attempts occurring while not having checked out until the event is over

RUNNING EVENTS

4. 9:00am. – running events start – ROLLING SCHEDULE

Girls -- fresh /soph 4x 100 relay (2 heats)
Boys – fresh /soph 4 x100 relay (2 heats)

5. 9:15am

Girls --fresh /soph 1600m (1 heat)
Boys --fresh/ soph 1600m (1 heat)

6. 9:35am

Girls – fresh /soph 100mh (2 heats)
Boys – fresh/soph 65mh (2 heats)

7. 10:15am

Girls – fresh /soph 400m (2 heats)
Boys – fresh/soph 400m (2 heats)

8. 10:45am

Girls – fresh/soph 100m (2 heats)
Boys – fresh/soph 100m (2 heats)

9. 11:10am

Girls – fresh/soph 800m (2 heats)
Boys – fresh/soph 800m (2 heats)

10. 11:40am

Girls – fresh/soph 300mh (2 heats)
Boys – fresh/soph 300mh (2 heats)

11. 12:15pm

Girls – fresh/soph 200m (2 heats)
Boys – fresh/soph 200m (2 heats)

12. 12:30pm

Girls – fresh/soph 3200m (1 heats)
Boys – fresh/soph 3200m (1 heats)

13. 12:50pm

Girls – fresh/soph 4 x 400m relay (2 heats)
Boys – fresh/soph 4 x 400m relay (2 heats)