



Meet Results

Live results link will be provided

Track Rules

- Access to the track/infield will be strictly controlled through a single, manned opening, see map provided.
- All food and beverages are banned from the infield, including Gatorade, sodas & snacks.
- No camping on infield, the infield can be used for athlete warm-ups -- please stay away from the finish line, staging area, and track when warming up.

Pre Meet Schedule

- 8:10 am Coaches Meeting at the 50 yard line
- 8:15 am 8U/Gremlin Long Jump Starts
- 8:25 am National Anthem
- 8:30 am Meet Starts

GENERAL MEET SCHEDULE		
Events start at 8:30am. All times are approximate and can vary up to 45 minutes in either direction. Listen for calls! Some divisions may be grouped together on distance events.		
Track Events	Est. Time	Order (Girls first for each Div)
3200	8:30 AM	11/12, 13/14, 15/16, 17+
110 m Hurdles*		17+ men
100 m Hurdles	9:00 AM	17+W, 15/16B, 13/14B, 15/16G, 13/14G
80 m Low Hurdles	9:10 AM	11/12
4 x 100 m Relay	9:30 AM	9/10, 11/12, 13/14, 15/16, 17+, 8U
		*Please inform the Staging Coordinator if you have a 8U in both the 4x100 and 1600
1600 m	10:15 AM	8U, 9/10, 11/12, 13/14, 15/16, 17+
400 m	11:15 AM	8U, 9/10, 11/12, 13/14, 15/16, 17+
100 m	12:15 AM	8U, 9/10, 11/12, 13/14, 15/16, 17+
800 m	1:00 PM	8U, 9/10, 11/12, 13/14, 15/16, 17+
200 m	1:30 PM	9/10, 11/12, 13/14, 15/16, 17+, 8U
4 x 400 m Relay	1:50 PM	9/10, 11/12, 13/14, 15/16, 17+

Field Events	Est. Time	Order
Long Jump Two Pits Available	8:30 - 10:00	8U, 9/10
	10:00 - 12:00	11/12, 13/14
	12:00 - 1:15	15/16, 17+
	1:15 - 2:30	Open Pit all ages
High Jump	9:00 - 12:00	9/10, 11/12, 13/14, 15/16, 17+
Shot Put	9:00 - 12:00	9/10, 11/12, 13/14, 15/16, 17+
Discus*	9:00 - 12:00	11/12, 13/14, 15/16, 17+
* If applicable		

Field events will run concurrently with the running events.

Map of Stadium - Maps provided below for parking and infield navigation.

Long Jump:

- Gremlins (8U) boys and girls long jump practice jumps will begin promptly at **8:15**.
- All athletes should be lined up in advance; we will not be working in flights.
- Coaches are encouraged to be on the field to help line up younger athletes and keep them in order to ensure a smooth event.

High Jump

- The High Jump area is located **in the stadium**.
- All athletes doing HJ at the meet should have at least practiced that week.
- New Athletes who have never practiced will slow down HJ.
- Athletes should let the person running HJ know if they need to leave for another event. The athlete will then need to come right back to HJ after the event they participated in to finish their jumps.
- Coaching should be kept at a minimum during the athletes jump. Coaching before and during a jump will slow down HJ.

Shot Put & Discus

- The shot put area is located to the south west of the Stadium
- The discus area is located **on the northwest side of the stadium**.
- All throwers are asked to check in as soon as they arrive at the meet and inform the Throwing Volunteers what other events they are participating in.
- We typically call kids by age group from youngest to oldest, and allow open pit at the end.
- Athletes should let the person running shot and discus know if they need to leave for another event. The athlete will then need to come right back to after the event they participated in to finish their throws.
- Coaches of the athletes must confirm the athletes have throwing experience in discus and shot prior to being allowed to throw for the meet.

Staging:

- Staging will be near the check-in and timing tents.
- We graciously request that each club organize their kids from fast to fastest before bringing them to staging. This will help the stager set up heats efficiently.

- Depending on the size of the group participating in an event, combining Female and Male athletes and age groups will be at the sole discretion of the staging manager
- **No parents are allowed in the staging area, with the exception of volunteers or parents of special needs athletes.**

Field Access and Rules:

- Athletes should enter the field through the **designated area on the map**.
- We will have volunteers monitoring the gate. Please remind teams to stay off the field unless they are actively warming up and have been called or competing. **DO NOT** jump over the gates while entering/exiting the field.
- The fence should not be hopped. All Athletes and coaches should enter at Athlete entrance on the map below.
- All athletes who use tape on the track are responsible for removing it and disposing of it properly.
- Club tents on the field are required to have sandbags as Simi Valley can get windy.
- The visiting team should advise parents of their club to tie down tents in the stands as Simi Valley can get windy.

Parking:

- We ask that teams try to use the designated school parking lots. The entrance is closer at these designated locations. Please refer to the map below.

Food & Snacks:

- There will be concessions, and food trucks available - Makenna Coffee, Sunberry Acai Bowls, Kona Ice and Piece of Crepe.

Meet Flow:

- We try to run a **fast-paced meet**, so please encourage coaches and parents to stay aware of the order of events to ensure things move smoothly.



