

# **2024 West Coast Classic Track and Field High School Invitational**

**Friday-Saturday, April 5th-6th, 2024  
At Falcon Stadium-Cerritos College -- Norwalk, CA 90650**



## MEET OVERVIEW

- This invitational is conducted under the National High School Federation rules & regulations and sanctions.
- **All competitors must represent their HS and compete in school uniform (the only exception will be for the Middle School competitions).** Neither "club" nor "unattached" competition is allowed for the High school Competitions (excluding the Multi-events, which are sanctioned through USA Track and Field).

## MEET DETAILS

- **Time Schedule:**
  - Friday:
    - DEC and HEPT noon Start
    - Running and Field Events: 3 p.m.
  - Saturday: 9:00 a.m. start

## COACHES REGISTRATION INSTRUCTIONS

**EVENTS OFFERED:** *100m | 200m | 400m | 800m | 1600 | 3200 | 110 Hurdles | 300m Hurdles | 4x100 | 4x200 | 4x400 | 4x800/ 800m Sprint Medley | 1600m Sprint Medley | 4000m Distance Medley | Long Jump | Triple Jump | High Jump | Pole Vault | Shot Put | Discus Throw | Para-Athlete 100 & 400 \ DEC \ HEPT*

Track **Surface: Mondo Super X 720 (new) 9-lane** Track, 2-Long Jump Pits, 2-Pole Vault, 2-High Jump Pits. All runways have Mondo surface, restricted to 1/4 inch spikes (pyramid spikes only). School representatives may inspect spike sizes during check-in.

**Registration:** To register go online to [www.athletic.net](http://www.athletic.net). Log In to Athletic.net. Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team. Click "Add a Meet" in your calendar box.

### Entry Fees:

Online Entry Fees: \$15.00 per individual event and \$50.00 per relay. Entry fees are non-refundable and must be paid through Athletic.net (online) or Venmo/Zelle. Payments will need to be made prior to the Late Registration Opening). **On-line Entry Deadline: April 2, 2024, at 8:00 PM (PST).**

All events will be seeded based on seed times and marks submitted through Athletic.net only. Our Staff will re-seed heats if individuals do not check in on-time to fill lanes, which will improve the flow of the meet. Heats will be re-seeded 5 minutes after the 3rd (and Final) call. Calls will be made in the stadium and on the warmup field. Please follow the meet flow using the FinishedResults app and by monitoring

the LED scoreboards on the field if you cannot hear the calls being made.

**Bibs:** Athletes who lose their bib number will be charged \$5 for a replacement. Replacement Bibs can be purchased at the Registration Table throughout the event

**Packet Pickup:** 10 AM on Friday and 7 AM on Saturday.

**USATF Participation Waiver:** The USATF Participant Waiver is required for each minor competing at any USATF Sanctioned event.

Please go to <https://www.usatf.org/home/toputility-nav-content/sanctions/sanctions-forms> to download this form. Download the USATF Combined Waiver & Release Form.

**CONCESSION:** Breakfast and lunch items will be available for purchase. **Cooking in the parking lot or anywhere throughout the facility is strictly prohibited. Campus police will monitor drinking and cooking in the parking lot and in the stadium.**

**APPAREL:** Official West Coast Classic Track and Field Invitational merchandise will be available.

**MEET RESULTS:** Live results (official) will be posted using the Finished Results Live Results application. Go to Google play or the Apple App Store for a free download of this app. Official results will be uploaded on Athletic.net within 24 hrs.

**CHECK-IN:** All participants must check in at the Clerk of the Course when their events are called or 30 minutes before their posted event time. Event check-in will close 10 minutes after the 3<sup>rd</sup> and Final call, when on a rolling schedule – no exceptions. Field event participants should report directly to the official on the field in charge of the event when called. Field event warm-ups will begin when the First call is announced and will remain open for 15 minutes after the Final call.

**AWARDS:** Custom Medals for those finishing 1<sup>st</sup> – 3<sup>rd</sup> overall.

**COACH'S BOXES:** For all field events, only one coach will be allowed to coach their athlete(s) from the designated Coach's Box for each field event. Coach's Box will be clearly identified for each field event.

### **STADIUM INSTRUCTIONS**

**Seating:** Bleacher seating will be available. Tents and large umbrellas will be restricted to beyond the first 12 rows of the bleachers. Tents will also be allowed in designated areas around the facility. Please keep all walkways, fencing and entry gate areas clear. There will be NO SMOKING, VAPING, PETS, CHEWING GUM, SHELLLED NUTS OR SEEDS permitted on school grounds. **Setting up prior to 2 hrs before the meet will not be permitted. The stadium gates will open at 9 AM Friday. The stadium seats over 14,000, so there will be room for everyone.**

**Spectator Fee:** \$8.

**Parking Cost:** Scan Parking QR code posted around the stadium and parking lots and follow instructions

(rate will be determined by the College). There will be plenty of parking next to the stadium. There is limited parking on surrounding streets. Please comply with all posted parking restrictions on the College Campus. Meet management will not be liable for any parking related violations or towed vehicles.

### **Travel:**

The West Coast Classic Track and Field Invitational will be hosted at Cerritos College Falcon Stadium , located between the Long Beach, Orange County and Los Angeles Airports. Falcon Stadium address is: 11110 Alondra Blvd, Norwalk, CA 90650

## **AIRPORT OPTIONS**

If you plan to fly in to the event, there are five airports located between 23 and 44 miles from the meet location. Due to its size, Los Angeles International Airport often offers the best fares, but that is not always the case. We encourage you to check on-line for fares at each airport.

The five airports in the area include:

- Long Beach Airport** – Located 7 miles away.
- Los Angeles International** – Located 25 miles away.
- John Wayne/Santa Ana Airport** – Located 25 miles away.

Local Hotels List and rates will be added at a later date

**ORDER OF EVENTS****Friday April 5, 2024****11:35AM – First Call – Multi-Events**

DECATHLON			Varsity
Day 1	Event 1	100M	
Day 1	Event 2	Long Jump	
Day 1	Event 3	Shot Put	
Day 1	Event 4	High Jump	
Day 1	Event 5	400M	
HEPTATHLON			Varsity
Day 1	Event 1	100M Hurdles	
Day 1	Event 2	High Jump	
Day 1	Event 3	Shot Put	
Day 1	Event 4	200M	
<b>Running Events Start at 3:00 PM with First Call @2:40 PM</b>			
3200M Run	Timed Final		F/S Girls, F/S Boys Varsity Girls, Varsity Boys
800M Run	Timed Final		F/S Girls, F/S Boys Varsity Girls, Varsity Boys
1600 M Run	Timed Final		F/S Girls, F/S Boys Varsity Girls, Varsity Boys

**4:40PM – First Call - Field Events, Start at 5:00 PM**

Triple Jump (Pit 1)	Final	F/S Girls followed by Varsity Girls
Triple Jump (Pit 2)	Final	F/S Boys followed by Varsity Boys

**ORDER OF EVENTS**  
**Saturday April 6, 2024**

**8:40AM – First Call – Running Events, Start at 9:00 AM**

DECATHLON			Varsity
Day 2	Event 6	110M Hurdles	
Day 2	Event 7	Discus	
Day 2	Event 8	Pole Vault	
Day 2	Event 9	Javelin	
Day 2	Event 10	1500M	
HEPTATHLON			Varsity
Day 2	Event 5	Long Jump	
Day 2	Event 6	Javelin	
Day 2	Event 7	800M	

**Sprint and Relays Events Start at 9 AM (First Call at 8:40 am)**

110M Hurdles (39")	Timed Final	F/S Boys, Varsity Boys
100M Hurdles (33")	Timed Final	F/S Girls, Varsity Girls
4x100M Relay	Timed Final	
400M Dash	Timed Final	
4x800M Relay	Timed Final	
200M	Timed Final	
SMR (100-100-200-400)	Timed Final	
400M (Middle School Elite)	Timed Final	
1600M Middle School Elite)	Timed Final	
100M Dash	Timed Final	
DMR (1200-400-800-1600)	Timed Final	
300M Hurdles	Timed Final	
4x400M Relay	Timed Final	

**8:40AM – First Call - Field Events, Start at 9:00 AM**

High Jump Pit 1 (East)	Final	F/S Girls, Varsity Girls
High Jump Pit 2 (West)	Final	F/S Boys Varsity Boys
Discus (South End of Warmup Field)	Final	F/S Boys Varsity Boys
Discus (North End of Warmup Field)	Final	F/S Girls, Varsity Girls
Long Jump (Pit 1) – West side	Final	F/S Girls, Varsity Girls
Long Jump (Pit 2) – West Side	Final	F/S Boys Varsity Boys

Shot Put (North Pit)	Final	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
Pole Vault	Final	F/S Girls, Varsity Girls
Pole Vault	Final	F/S Boys Varsity Boys

**Meet will be held rain or shine.**