

Don Green Memorial Track Meet

Moorpark High School Track and Field
Home CIF Division II Prelims

Dear Coaches,

Moorpark High School will host the 17th annual Don Green Track Meet on March 8th 2014. Terry Hearst from Royal Results will be timing the meet again this year. All athletes will receive marks and times for every event they participate in. Each Athlete can choose any four events; no entries are needed before the meet. We will randomly seed events during the meet.

Head Coaches Package for attending the meet

Two Back Packs

Four meal passes for the snack bar

Two T-Shirts

We are limiting the meet to the first twenty schools. Please email me if you plan on attending.

Thanks,

Rob Dearborn/Tom King
Meet Directors
Email: rdearborn@mrpk.org
Office 517-2145
Fax 530-3880

Don Green Memorial Track Meet

Information Sheet

Entry Information: We need each school to provide a roster with all athletes names, grade and gender on Hy-Tek Team Manager. We will provide labels to each school the morning of March 8th. We will provide results for all events via email at the end to the meet. Please email roster rdearborn@mrpk.org

Each runner needs a name tag with name, school, and grade on it. If the athletes tag is pulled at the end of the race, they need another tag for their next event.

Heats will be randomly arranged.

Medals will be awarded to the top 5 in each event, top 3 in Relays.

Each team will receive two plaques for outstanding Male and Female Athletes for their school. Each school will make their own choice.

Check Stadium Map for bus parking and event location. All buses need to park on the visiting side of the stadium in the parking lot.

100/110 Hurdle Height: F/S Boys 36" Jr/Sr Boys 39" F/S Girls 30" Jr/Sr Girls 33"

Spike Size: 3/16 pyramid

Field Event Information

All field Event Athletes need to check in at locations listed below for flight assignments. 8:00A.M. to 8:45A.M.. Flights will be assigned at this time.

Check in locations:

Pole Vault, Shot Put and Discus at Event

High Jump, Long Jump: Staging

Approximate event times

Shot Put

Frosh/Soph Boys	9:00A.M.
Jr/Sr Boys	11:00 A.M.
Frosh/Soph Girls	1:00 P.M.
Jr/Sr Girls	2:00 P.M.

Long Jump

Jr/Sr Boys and Girls	9:00A.M.
----------------------	----------

Discus

Frosh/Soph Girls	9:00A.M.
Jr/Sr Girls	11:00 A.M.
Frosh/Soph Boys	1:00 P.M.
Jr/Sr Boys	2:00 P.M.

Triple Jump

Jr/Sr Boys and Girls	1:00P.M.
----------------------	----------

Fr/Soph Boys and Girls 11:00A.M. Fr/Soph Boys and Girls 1:00P.M.

High Jump

Frosh/Soph Boys and Girls 9:00A.M. to 11:30 A.M.

Jr/Sr Boys and Girls 12:00 Noon

Pole Vault

Because of the large number of pole vaulters anticipated to compete, we will have to run the vault as quickly as possible. If you need to check out, we will have to count the missed attempts as passes and the bar will not be lowered upon your return. In addition will are going to strictly adhere to the 2 minute rule.

Frosh/Soph Girls 9:00 A.M. Standards will be set at 22" until 7' Opening Height 5'

Frosh/Soph Boys 10:30A.M. Standards will be set at 22" until 9' Opening Height 7'

Jr/Sr Girls 12:00 P.M. Standards will be set at 22" until 8' Opening Height 6'

Jr/Sr Boys 1:00P.M. Standards will be set at 22' until 10' Opening Height 9'

Awards: Medals are awarded to the top 5 performances per division/event. Each school will receive two plaques with their medals at the end of the meet. These plaques are for your athlete of the meet.

Admission Prices (Please ask your athletes to pass on info to parents)

Adult/Students \$5.00

Children 5-13 \$ 3.00

Children 4 and under free

Meet Director:

Rob Dearborn

School 805-378-6305 ext 6323

Fax 805-530-3880

Home 805-523-3239

Bus Drop Off: Mountain Trail Street, see attached map.

Coaches meeting at 8:00am in the Pressbox

Running Events**8:30AM**

Girls Fr/So	1600	Meters
Boys Fr/So	1600	Meters
Girls Jr/Sr	1600	Meters
Boys Jr/Sr	1600	Meters
Girls Fr/So	300	Hurdles
Girls Jr/Sr	300	Meters
Boys Fr/So	300	Meters
Boys Jr/Sr	300	Meters
Girls Fr/So	400 Relay	Meters
Boys Fr/So	400 Relay	Meters
Girls Jr/Sr	400 Relay	Meters
Boys Jr/Sr	400 Relay	Meters
Girls Fr/So	800	Meters
Boys Fr/So	800	Meters
Girls Jr/Sr	800	Meters
Boys Jr/Sr	800	Meters
Girls Fr/So	100	Meters
Boys Fr/So	100	Meters
Girls Jr/Sr	100	Meters
Boys Jr/Sr	100	Meters
Girls Fr/So	400	Meters
Boys Fr/So	400	Meters
Girls Jr/Sr	400	Meters
Boys Jr/Sr	400	Meters
Girls Fr/So	100	Hurdles
Girls Jr/Sr	100	Hurdles
Boys Fr/So	110	Hurdles
Boys Jr/Sr	110	Hurdles
Girls Fr/So	200	Meters
Boys Fr/So	200	Meters
Girls Jr/Sr	200	Meters
Boys Jr/Sr	200	Meters
Girls	3200	Meters
Boys	3200	Meters
Girls Fr/So	1600 Relay	Meters
Boys Fr/So	1600 Relay	Meters
Girls Jr/Sr	1600 Relay	Meters
Boys Jr/Sr	1600 Relay	Meters

Field Events**Long Jump**

Girls Jr/Sr	9:00-11:00
Boys Jr/Sr	9:00-11:00
Girls Fr/So	11:00-1:00
Boys Fr/So	11:00-1:00

Triple Jump

Girls Jr/Sr	1:00
Boys Jr/Sr	1:00
Girls Fr/So	1:00
Boys Fr/So	1:00

High Jump

Girls Jr/Sr	9:00
Boys Jr/Sr	9:00
Girls Fr/So	12:00
Boys Fr/So	12:00

Shot Put

Boys Fr/So	9:00
Boys Jr/Sr	11:00
Girls Fr/So	1:00
Girls Jr/Sr	2:00

Discus

Girls Fr/So	9:00
Girls Jr/Sr	11:00
Boys Fr/So	1:00
Boys Jr/Sr	2:00

Pole Vault

Girls Fr/So	9:00
Boys Fr/So	12:00
Girls Jr/Sr	9:00
Boys Jr/Sr	12:00