



Mt. Hamilton Division 2010 Track & Field Trials & Finals at Mt. Pleasant

(Revised 01/26/10)

Saturday, May 1st- F/S Leagues Finals @ Mt Pleasant 9:00AM
(School assignments are the same as Division Trials and Finals)

(Varsity League entries due 5/1/2010 on EZ-MEETS)

TUESDAY, MAY 4th 2010 - Varsity League Trials @ Mt Pleasant

THURSDAY, MAY 6th, 2010 - Varsity League Finals @ Mt Pleasant

TENTATIVE TIME SCHEDULE

Start times 3:30PM, May 4th & 2:30PM & May 6th

TRIALS/FINALS FOR FIELD EVENTS

Tuesday, May 4th to Completion

VB--Long Jump
VG--Triple Jump
VB--Shot Put
VG—Discus
VG--High Jump
VB--Pole Vault

Thursday, May 6th to Completion

VG- Long Jump
VB- Triple Jump
VG- Shot Put
VB- Discus
VB- High Jump
VG- Pole Vault

RUNNING EVENTS TRIALS – MAY 4th

<u>TIME</u>	<u>EVENT</u>
2:30	COACHES MEETING
3:30	Girls 100 M Hurdles
3:45	Boys 110M High Hurdles
4:00	Girls 400M
4:15	Boys 400M
4:30	Girls 100M
4:45	Boys 100M
5:00	Girls 800M
5:15	Boys 800M
5:30	Girls 300M Low Hurdles
5:45	Boys 300M Int. Hurdles
6:00	Girls 200M
6:15	Boys 200M

RUNNING EVENT FINALS – May 6th

<u>TIME</u>	<u>EVENT</u>
1:30	Coaches Meeting
2:30	VG 4x100 M Relay
2:40	VB 4x100M Relay
2:50	VG 1600M
3:10	VB 1600 M
3:30	VG 100M Hurdles
3:40	VB 110M Hurdles
3:50	VG 400M
4:00	VB 400M
4:10	VG 100M
4:20	VB 100M
4:30	VG 800M
4:40	VB 800 M
4:50	VG 300M L Hurdles
5:05	VB 300M I Hurdles
5:15	VG 200M
5:25	VB 200M
5:35	VG 3200M
5:55	VB 3200M
6:15	VG 4x400 M Relay
6:25	VB 4x400 M Relay

ASSIGNMENTS FOR TRIALS AND FINALS

FIELD EVENTS: A minimum of 3 people is required to run each event. The **HEAD** person for each event **MUST be an ADULT**. We will provide the event sheets, but you must provide your own measuring tapes and clipboards to carry out your assignment.

	<u>Trials</u>	<u>Finals</u>
1. <u>Long Jump:</u>	VB - Evergreen	VG - Silver Creek
2. <u>Triple Jump:</u>	VG - Silver Creek	VB - Evergreen
3. <u>High Jump:</u>	VG –Leigh	VB - Leigh
4. <u>Discus:</u>	VG – Pioneer	VB – Pioneer
5. <u>Shot Put:</u>	VB - Oak Grove	VG – Oak Grove
6. <u>Pole Vault:</u>	VB - Mt Pleasant	VG - Mt. Pleasant
7. <u>Hurdle Crew:</u>	Mt Pleasant	Mt. Pleasant
8. <u>Clerk</u>	Leland	Leland

9. Relay Exchange Zone Judges: 4x 100M- 2 judges each school
 Zone 1: Oak Grove and Pioneer
 Zone 2: Silver Creek and Leland
 Zone 3: Leigh and Independence

Relay Exchange Zone Judges: 4x400M
 Silver Creek and Independence

10. Starter: Dino Certa
11. Clerk of the Course: Leland
12. Timing System: Sean McLaughlin
13. Timers and Place Pickers: 2 from each school
14. Scorekeeper and Announcer: Sean / Steve Nelson
15. Gate: (2 Gates) Trials-Mt. Pleasant / Finals- Mt. Pleasant
16. Hurdles: Independence
17. Trainer: BVAL will provide
18. Program Seeding: Sean/ Steve

**MT HAMILTON ADVANCES TOP 7 TO THE BVAL CHAMPIONSHIP
 THURSDAY, MAY 13th AT MT PLEASANT MEET TIME 5:00 pm**

ADMISSION FEES DIVISION FINALS

Adults	\$5
Senior Citizen (over 65)	\$4
BVAL Students w/ASB card	\$1
Children 5 – 12 years	\$1
Toddlers 4 years & under	Free

BVAL CHAMPIONSHIPS

Adults	\$7
Senior Citizen (over 65)	\$6
BVAL Students w/ASB card	\$1
Children 5 – 12 years	\$1
Toddlers 4 years & under	Free

PASSES ALLOWED: Only CCS, State CIF, BVAL Life Time & Hot Pink BVAL Staff pass

League chairs / Meet Directors: Steve Nelson, Mt. Pleasant (408) 505-7847
 Allen Wulczynski, Oak Grove (408) 629-2530
 OGTRACK@AOL.COM