



West Valley Division
2010 Track and Field Finals
to be held at Lincoln

West Valley Division Schools

Branham	Lincoln
Del Mar	Prospect
Gunderson	San Jose
James Lick	Yerba Buena

League Chairs/Meet Directors: Kevin Collins, Lincoln
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Varsity Boys and Girls

League Trials and Finals: Wednesday & Friday May 5th & May 7th

Location:

Lincoln High School
Parking available on basketball courts. Spectators enter the stadium on the visitors side.

Seeding Meeting:

Friday, April 30, 2010 @ Lincoln at 5:00 PM-room 93A- behind the baseball field

On-line entries:

As soon as we get the information we will pass it on to you. (EZ Meets)

Time Schedule Trials
Wednesday, May 5, 2010

Coaches Meeting (scratches/subs/no additions) 3:30 pm

Girls 100 M Hurdles	4:30 pm
Boys 110 M Hurdles	4:45 pm
Girls 400 M	4:55 pm
Boys 400 M	5:05 pm
Girls 100 M	5:20 pm
Boys 100 M	5:30 pm
Girls /Boys 800 M	
Girls 300 M Hurdles	5:45 pm
Boys 300 M Hurdles	5:55 pm
Girls 200 M	6:15 pm
Boys 200M	6:25 pm

Coaches Meeting: 6:45 PM

Field Events:

Field Event Weigh-ins 3:00-4:00 PM Location TBD

Start: 4:30 pm - to completion (all warm-ups and run throughs must be completed before 4:30 pm)

Every competitor gets 3 throws, top 8 after that will be seeded and receive additional 3 throws. All 6 throws will be used to determine final places.

VB Long Jump
VB Discus
VG Shot
VG High Jump
VG Triple Jump

Time Schedule Finals
Friday, May 7, 2010

<u>Coaches Meeting</u>	3:30 pm
VG 4X100 Relay VB 4x100 Relay	4:30 pm
VG 1600 M	4:40 pm
VB 1600 M	4:50 pm
VG 100 M Hurdles VB 110 M Hurdles	5:10 pm
VG 400 M VB 400 M	5:25 pm
VG 100 M VB 100 M	5:35 pm
VG 800 M VB 800 M	5:45 pm
VG 300 M Hurdles VB 300 M Hurdles	6:10 pm
VG 200 M VB 200 M	6:25 pm
VG 3200 VB 3200	6:35 pm
VG 4x400 M Relay VB 4x400 M Relay	7:10 pm

Coaches Meeting(scratches/subs) immediately following

Field Event Weigh-ins 3:00-4:00 PM Location TBD

Field Events:

Start: 4:00 pm to completion (all warm-ups and run throughs must be completed before 4:30 pm)

Every competitor gets 3 throws, top 8 after that will be seeded and receive additional 3 throws. All 6 throws will be used to determine final places.

VG Long Jump
VB Triple Jump
VB Shot-put

VB High Jump
VG Discus

Assignments for Trials and Finals

<u>Event</u>	<u>School Responsible</u>
Long Jump	Branham
Triple Jump	Gunderson
Shot Put	San Jose
Discus	Prospect
High Jump	Yerba Buena
Hurdle Crew	James Lick/Lincoln
Weigh-ins	San Jose
Score Keepers	Lincoln
Clerk of the Course	Lincoln
Starter	BVAL Provided
Timer	Lincoln
Relay Turn Judges	#1 James Lick #2 Prospect #3 Del Mar
Distance Turn Judges	Del Mar
Announcer	TBD
Gate	Lincoln

- **Please bring your own measuring tape, pencil and clip board**
- **Assignments: 3 people minimum to conduct field events at least 1 adult**

Timing:

- **FAT timing will be used on both days - *JUST IN CASE, each school needs to provide 1 timer and 1 place picker***
- **Qualifiers for BVAL Championships on Thursday, May 13th**
- **Top 4 in each event**
- **Computerized seeding will be done**
- **Remind spectators a fee of \$5 will be charged at the gate for *both trials and finals***
- **Uniform and jewelry rules will be strictly enforced on both days! *No exceptions!***

Important Dates:

Friday, April 30th - Seeding Meeting 5:00 p.m. Lincoln High School room #93-A
Thursday, May 13th – BVAL Championship Finals @ Mt. Pleasant

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

