

ORDER OF EVENTS

TRACK EVENTS

1. VJG 4 x 100 Meter Relay
2. FSB 4 x 100 Meter Relay
3. VG 4 x 100 Meter Relay
4. VB 4 x 100 Meter Relay
5. JVG 1600 Meters
6. FSB 1600 Meters
7. VG 1600 Meters
8. VB 1600 Meters
9. FSB 110 Meter Hurdles
10. VB 110 Meter Hurdles
11. JVG 100 Meter Hurdles
12. VG 100 Meter Hurdles
13. JVG 400 Meters
14. FSB 400 Meters
15. VG 400 Meters
16. VB 400 Meters
17. JVG 100 Meters
18. FSB 100 Meters
19. VG 100 Meters
20. VB 100 Meters
21. JVG 800 Meters
22. FSB 800 Meters
23. VG 800 Meters
24. VB 800 Meters
25. JVG 300 Meter Hurdles
26. VG 300 Meter Hurdles
27. FSB 300 Meter Hurdles
28. VB 300 Meter Hurdles
29. JVG 200 Meters
30. FSB 200 Meters
31. VG 200 Meters
32. VB 200 Meters
33. VG/JVG 3200 Meters
34. VB/FSB 3200 Meters
35. JVG 4 x 400 Meter Relay
36. FSB 4 x 400 Meter Relay
37. VG 4 x 400 Meter Relay
38. VB 4 x 400 Meter Relay

FIELD EVENTS

1. B & G TRIPLE JUMP
Begins at 3:00
Ends at 4:30
First jump must be made by 3:45
Four jumps, no finals
2. G then B SHOT PUT
Begins at 3:00
Four throws, no finals
JVG
VG
FSB
VB
3. B then G DISCUS
Begins at 3:00
Four throws, no finals
FSB
VB
JVG
VG
4. B then G POLE VAULT
Begins at 3:00
Opening Height: Girls 5' 6", Boys 7' 0"
5. G then B HIGH JUMP
Begins at 3:00
Opening Height: Girls 3' 6", Boys 4' 4"
6. B & G LONG JUMP
Begins at conclusion of triple jump
1 1/2 hour time limit
First jump made within 45 minutes
Four jumps, no finals

CARPINTERIA HIGH SCHOOL



Don Matsuyama, 57th Russell Cup

TRACK & FIELD HANDBOOK 2007

Field event orders and procedures will vary from meet to meet. The running events will be run in this order with the possible exception of the frosh/soph or JV 1600 meters and 3200 meters.

GENERAL TEAM GOALS

- Be the best prepared, hardest working team in the area
- Demonstrate class and sportsmanship at all times
- Win Russell Cup Grand Sweepstakes Trophy
- Score at CIF Finals for the 31st consecutive year

VARSITY GIRLS TEAM GOALS

- Win Tri-Valley League Championship
- Finish in the top 10 at CIF Finals
- Finish in the top 5 at the Russell Cup
- Earn CIF Academic Recognition

VARSITY BOYS TEAM GOALS

- Win Tri-Valley League Championship
- Finish in the top 10 at CIF Finals
- Finish in the top 5 at the Russell Cup
- Earn CIF Academic Recognition

JV GIRLS TEAM GOALS

- Win Tri-Valley League Championship
- Finish in the top 5 at the Russell Cup

FROSH/SOPH BOYS TEAM GOALS

- Win Tri-Valley League Championship
- Finish in the top 5 at the Russell Cup

YOUR GOALS FOR THE TEAM THIS SEASON

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YOUR PERSONAL GOALS FOR THE SEASON

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LETTERING POLICY

Participants should earn a minimum of 13 points in competition with other schools. You must be at the banquet to receive your letter. Competition points can be earned in the following manner:

Dual Meets

FIRST PLACE:	5 points
SECOND PLACE:	3 points
THIRD PLACE:	1 point

Triangular Meets

FIRST PLACE:	5 points
SECOND PLACE:	3 points
THIRD PLACE:	2 points
FOURTH PLACE:	1 point

Invitational and Relay Meets

FIRST PLACE:	10 points
SECOND PLACE:	8 points
THIRD PLACE:	6 points
FOURTH PLACE:	4 points
FIFTH PLACE:	2 points
SIXTH PLACE:	1 point

Relay teams will split all points earned by the team.

Your Point Summary

_____	Rincon Races & Field
_____	Maricopa Relays
_____	Tri-County Invitational
_____	Newbury Park
_____	St. Bonaventure
_____	Easter Relays
_____	Oak Park
_____	Tri-City Relays
_____	Arcadia Invitational
_____	Fillmore, Nordhoff
_____	88th Russell Cup
_____	S.B. County Championships
_____	Oaks Christian, La Reina
_____	TVL Championships
_____	CIF Finals
_____	TOTAL POINTS

Success

My will shall shape the future. Whether I fail or succeed shall be no man's doing but my own. I am the force; I can clear any obstacle before me or I can be lost in the maze. My choice; my responsibility; win or lose, only I hold the key to my destiny.

Elaine Maxwell

TEAM POLICIES

- Qualifications:** There is a place on our team for everyone who is willing to work. We value dedication, a good attitude and hard work in addition to athletic ability.
- Athletic Code:** Each athlete is expected to follow the stipulations of the Carpinteria High School Athletic Code. You have agreed to a contract to enjoy the privilege of athletic competition as a Warrior. Honor your commitment to yourself and your team.
- Be On Time:** Practice will start at 3:00 P.M.
- Absence:** "Excused absences" include: being home sick all day, going home sick or a medical appointment you can not make at any other time. Work is not an excuse for missing practice. If for some reason you cannot make a practice session, *it is your responsibility to check with Coach Latham.* (CHS phone number: 684-4107, FAX: 566-5952, email: lathamchs@yahoo.com)
- Unexcused Absence:** An unexcused absence is any not included in the above. If you are unexcused from a practice, you will not participate in the next meet. Should you be unexcused for a second time, you may be dropped from the team.
- Finish What You Start:** Never leave practice or a meet until it is completed. Always check with a coach to see if you are finished for the day.
- Behavior:** No disruptive behavior will be tolerated at meets, practice or in the classroom. Do not bring radios, frisbees, footballs or other such items to meets or practices. No cell phones allowed on the field. Remember that you are representing Carpinteria High School as well as the entire community of Carpinteria.
- Uniforms:** School issued uniforms will be worn on meet days only. Plain black undergarments are the only color of tights to be worn. Only black sweat pants will be worn on meet day.
It is your responsibility to keep your uniform and sweats clean and in good repair. *Hand wash your meet uniform and hang dry rather than putting them in the dryer.*
- Appearance:** Your hair including facial hair must be trimmed in the appropriate manner (see athletic code). Jewelry, headbands and hats are not to be worn during competition.
- Travel:** The Warriors compete and travel as a team. Everyone is expected to travel to and from meets with the team. On rare occasions, you may leave with and *only* with your parents with prior *written* permission from your parents.

2007 TRACK & FIELD SCHEDULE

Date	Day	Meet	Location	Tentative Meet Time	Approx. Departure	Approx. Return
Mar. 3	Sat.	Rincon Races & Field (Full team)	Carpinteria	10:00 AM		
Mar. 8	Thur.	Maricopa Relays (Full team)	Ojai	3:00 PM	1:15 PM	8:00 PM
Mar. 10	Sat.	Tri-County Invitational (Optional)	Moorpark	9:00 AM	7:00 AM	6:00 PM
Mar. 15	Thur.	Newbury Park (Full team)	Newbury Park	3:00 PM	1:15 PM	8:00 PM
Mar. 22	Thur.	St. Bonaventure* (Full team)	Carpinteria	3:00 PM		
Mar. 24	Sat.	Easter Relays (Qualifying Standard)	S.B.C.C.	9:00 AM	7:30 AM	6:00 PM
Mar. 29	Thur.	Oak Park* (Full team)	Oak Park	3:00 PM	1:00 PM	8:30 PM
Apr. 5	Thur.	Tri-City Relays (Full team)	San Marcos	3:00 PM	1:30 PM	7:30 PM
Apr. 6	Fri.	Arcadia Invitational	Arcadia	3:00 PM	TBA	TBA
Apr. 7	Sat.	Arcadia Invitational (Qualifying Standard, Select Few)	Arcadia	9:00 AM	TBA	TBA
Apr. 12	Thur.	Fillmore, Nordhoff* (Full team)	Carpinteria	3:00 PM		
Apr. 14	Sat.	88th Russell Cup (Qualifying Standard)	Carpinteria	9:30 AM		
Apr. 21	Sat.	S. B. County Meet (Qualifying Standard)	Carpinteria	10:00 AM		
Apr. 25	Wed.	Oaks Christian, La Reina* (Full team)	Carpinteria	3:00 PM		
May 3	Thur.	TVL Championships* (Full team, Qualifying Standards are in the team handbook.)	Carpinteria	3:00 PM		
May 12	Sat.	CIF Div. IV Prelims (Varsity Only, Qualify from TVL Finals)	Carpinteria	12:00 PM		
May 19	Sat.	CIF Finals (Varsity Only, Qualify from CIF Prelims)	Cerritos	11:00 AM	7:00 AM	11:00PM

*Tri-Valley League Meets

Qualifying Standards vary from meet to meet. Do not assume that you do not meet standards for certain meets. Please ask the coaches.

TRI-VALLEY LEAGUE TRACK & FIELD QUALIFYING STANDARDS 2007

	<u>Boys Varsity</u>	<u>Boys Frosh/Soph</u>	<u>Girls Varsity</u>	<u>Girls JV</u>
100 Meters	12.47	13.08	14.14	14.95
200 Meters	25.00	26.67	29.24	31.22
400 Meters	57.17	60.58	67.18	72.46
800 Meters	2:15.14	2:29.02	2:47.33	2:48.94
1600 Meters	5:10.14	5:34.06	6:10.14	6:32.39
3200 Meters	11:20.14	12:48.04	14:00.14	16:03.51
110/100 Hurdles	18.68	21.98	19.56	21.96
300 Hurdles	48.24	55.85	57.30	63.62
Long Jump	17-05	15-02	13-09	11-11
Triple Jump	35-11	30-11	29-02	26-05
High Jump	4-11	4-08	4-04	3-08
Pole Vault	8-10	7-06	6-04	5-10
Shot Put	38-00	33-08	26-05	21-03
Discus	105-00	79-04	74-06	61-06

These standards must be met in order to qualify for the Tri-Valley League Finals.
The qualifying mark may be established anytime during the season.

Excellence

If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude.

Colin Powell

YOUR PERFORMANCE SUMMARY

Rincon Races & Field	_____	_____	_____	_____
Maricopa Relays	_____	_____	_____	_____
Tri-County Invitational	_____	_____	_____	_____
Newbury Park	_____	_____	_____	_____
St. Bonaventure	_____	_____	_____	_____
Easter Relays	_____	_____	_____	_____
Oak Park	_____	_____	_____	_____
Tri-City Relays	_____	_____	_____	_____
Arcadia Invitational	_____	_____	_____	_____
Fillmore, Nordhoff	_____	_____	_____	_____
88th Russell Cup	_____	_____	_____	_____
S.B. County Championships	_____	_____	_____	_____
Oaks Christian, La Reina	_____	_____	_____	_____
TVL Championships	_____	_____	_____	_____
CIF Division 4 Prelims	_____	_____	_____	_____
CIF Finals	_____	_____	_____	_____

Sacrifice

The important thing is this: To be able at any moment to sacrifice what we are for what we could become.

Charles DuBois