

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

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.

CARPINTERIA HIGH SCHOOL TRACK & FIELD HANDBOOK



Margo Ledig

GENERAL TEAM GOALS

- Be the best prepared, hardest working team in the area
- Demonstrate class and sportsmanship at all times
- Finish in the top 8 for Russell Cup Grand Sweepstakes Trophy
- Score at CIF Finals for the 33rd consecutive year

VARSITY GIRLS TEAM GOALS

- Win Tri-Valley League Championship
- Finish in the top 20 at CIF Finals
- Finish in the top 8 at the Russell Cup
- Earn CIF Academic Recognition

VARSITY BOYS TEAM GOALS

- Win Tri-Valley League Championship
- Finish in the top 20 at CIF Finals
- Finish in the top 8 at the Russell Cup
- Earn CIF Academic Recognition

IV 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
_____	Maricopa Relays
_____	Tri-County Invitational
_____	Fillmore
_____	Nordhoff
_____	Easter Relays
_____	Shiver Me Timbers Challenge
_____	Oak Park
_____	Arcadia Invitational
_____	90th Russell Cup
_____	Oaks Christian
_____	S.B. County Championships
_____	St. Bonaventure, La Reina
_____	TVL Championships
_____	CIF Division 4 Prelims
_____	CIF Finals
_____	TOTAL POINTS

The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, gift, or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the string we have, and that is our attitude. I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you... we are in charge of our attitudes.

Charles Swindoll

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 3:10 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 tights are the only color of tights to be worn. Only Carpinteria T&F sweats will be worn on meet day. If you do not have them, you will not be in the meet.
It is your responsibility to keep your uniform and sweats clean and in good repair. *Hand wash your uniform and hang dry rather than putting it in the dryer. Please remove hip numbers off your shorts immediately after the race is over.*
- 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.

2009 TRACK & FIELD SCHEDULE

Date	Day	Meet	Location	Tentative Meet Time	Approx. Departure	Approx. Return
Mar. 7	Sat.	Rincon Races & Field (Full team)	Carpinteria	10:00 AM		
Mar. 12	Thur.	Maricopa Relays (Full team)	Ojai	3:00 PM	1:15 PM	8:00 PM
Mar. 14	Sat.	Tri-County Invite (Full team)	Moorpark	9:00 AM	7:00 AM	6:00 PM
Mar. 19	Thur.	Fillmore* (Full team)	Carpinteria	3:00 PM		
Mar. 26	Thur.	Nordhoff* (Full team)	Carpinteria	3:00 PM		
Mar. 28	Sat.	Easter Relays (Qualifying Standard)	S.B.C.C.	9:00 AM	7:30 AM	6:00 PM
Apr. 4	Sat.	Shiver Me Timbers (Optional)	Mogadishu	9:00 AM	7:00 AM	4:00 PM
Apr. 9	Thur.	Oak Park* (Full team)	Oak Park	3:00 PM	1:00 PM	8:30 PM
Apr. 10	Fri.	Arcadia Invitational	Arcadia	4:30 PM	2:00 PM	11:00 PM
Apr. 11	Sat.	Arcadia Invitational (Optional)	Arcadia	9:30 AM	7:00 AM	4:00 PM
Apr. 18	Sat.	90th Russell Cup (Qualifying Standard)	Carpinteria	9:30 AM		
Apr. 23	Thur.	Oaks Christian* (Full team)	Westlake	3:00 PM	1:00 PM	8:30 PM
Apr. 25	Sat.	S. B. County Meet (Qualifying Standard)	Carpinteria	10:00 AM		
Apr. 29	Wed.	St. Bonny, La Reina* (Full team)	Carpinteria	3:00 PM		
May 7	Thur.	TVL Championships* (Full team, Qualifying Standards are in the team handbook.)	Carpinteria	3:00 PM		
May 16	Sat.	CIF Div. IV Prelims (Varsity Only, Qualify from TVL Finals)	Carpinteria	12:00 PM		
May 23	Sat.	CIF Finals (Varsity Only, Qualify from CIF Prelims)	Cerritos	11:00 AM	7:00 AM	11:00 PM

*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 2009

	<u>Boys Varsity</u>	<u>Girls Varsity</u>	<u>Boys Frosh/Soph</u>	<u>Girls JV</u>
100 Meters	12.38	14.01	13.15	14.86
200 Meters	24.92	29.14	26.89	31.00
400 Meters	57.53	67.15	61.54	72.09
800 Meters	2:15.14	2:44.4	2:30.17	2:48.96
1600 Meters	5:10.14	6:10.14	5:37.23	6:36.51
3200 Meters	11:25.14	14:00.14	12:51.64	15:50.78
110/100 Hurdles	20.14	20.14	22.75	22.77
300 Hurdles	48.74	57.09	54.04	62.72
Long Jump	17-05	13-11	15-01	12-01
Triple Jump	35-06	29-00	30-07	25-07
High Jump	5-00	4-05	4-08	3-08
Pole Vault	8-00	6-05	6-06	6-00
Shot Put	37-00	25-07	34-03	21-07
Discus	105-00	72-01	85-07	61-04

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.

This is only for TVL Finals, other meets will have different qualifying standards.

“For all its warts, it’s one of the wonderful ways to bring vitality into the world. Young people striving to be the best . . . men and women expressing themselves to the fullest. You put on those running shorts and toe the line. You look down the track, alone in your lane. There’s nobody that can substitute for you, no one to give you more courage. There’s just the tape and the stopwatch. No excuses. No second chances.”

Payton Jordan

YOUR PERFORMANCE SUMMARY

Rincon Races	_____	_____	_____	_____
Maricopa Relays	_____	_____	_____	_____
Tri-County Invitational	_____	_____	_____	_____
Fillmore	_____	_____	_____	_____
Nordhoff	_____	_____	_____	_____
Easter Relays	_____	_____	_____	_____
Shiver Me Timbers	_____	_____	_____	_____
Oak Park	_____	_____	_____	_____
Arcadia Invitational	_____	_____	_____	_____
90th Russell Cup	_____	_____	_____	_____
Oaks Christian	_____	_____	_____	_____
S.B. County Meet	_____	_____	_____	_____
St. Bonaventure, La Reina	_____	_____	_____	_____
TVL Championships	_____	_____	_____	_____
CIF Division 4 Prelims	_____	_____	_____	_____
CIF Finals	_____	_____	_____	_____