

Santa Barbara County Track & Field Championships

Date:

Saturday, April 20, 2019

Location:

Santa Ynez Valley Union High School

2975 E HWY 246

Santa Ynez, CA 93460

Entries due:

Thursday, April 18th. Please submit your entries to athletic.net

Qualifying Standards:

In order to keep fields a manageable size, qualifying standards will be used. If more than one athlete is entered into an event all athletes must make the qualifying standard in that event. No more than 4 entries per school per event will be accepted. Only one relay team allowed per school. Entries without an entry mark will not be accepted. If you have no athletes that qualify for the set standard you can email me your one entry for that event at acoelho@syvuhd.org.

Entry Fees:

\$4.00 per athlete per event, \$8.00 per relay. Maximum entry fee of \$350 per team. Make checks payable to Santa Ynez Track and Field Boosters. Any checks not received by the day of the County meet, there will be a \$25 late fee added.

Admission:

\$6 for adults and \$4 for students and children

Awards:

Medals will be awarded to the top four finishers in each event. Events with multiple sections or flights will be combined for scoring and awards.

Facilities:

Please have athletes in spikes with 3/16" or shorter.

Scratches and Substitutions:

After the entry deadline, you may make scratches until 8:30am on April 20th. You may make substitutions until April 19th by 10PM.

Long Jump/Triple Jump:

Jumpers will be given 4 attempts for Varsity, and 3 attempts for Frosh/Soph. There will be a boys pit (inner) and a girls pit (outer).

High Jump:

Opening Heights start at 2" below the qualifying standard, and raised in 2" increments.

Pole Vault:

Opening heights will be 6" below the qualifying standard, and raised in 1' increments for the first two heights, and in 6" increments thereafter.

Shot Put/Discus:

Throwers will be given 4 attempts for Varsity and 3 attempts for Frosh/Soph.

Stadium Infield:

The infield is for competitors and officials only. No coaches or athletes warming up on the infield. The warm up field is behind the bleachers.

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Qualifying Standards

	<u>Var. Boys</u>	<u>F/S Boys</u>	<u>Var. Girls</u>	<u>F/S Girls</u>
100 Meters	12.15	12.84	14.64	14.84
200 Meters	24.94	25.94	31.24	31.54
400 Meters	57.24	64.04	72.54	75.04
800 Meters	2:20.00	2:30.00	2:55.00	3:10.00
1600 Meters	5:20.00	5:30.00	6:45.00	7:00.00
3200 Meters	11:45.00	13:15.00	14:45.00	16:00.00
100/110 Hurdles	20.24	21.24	21.24	23.44
300 Int. Hurdles	50.24	52.24	60.04	64.94
Long Jump	18' 0"	15' 6"	13' 0"	12' 0"
Triple Jump	36' 0"	27' 0"	27' 0"	25' 0"
High Jump	5' 2"	4' 8"	4' 4"	4' 0"
Pole Vault	8' 0"	7' 0"	6' 6"	5' 6"
Shot Put	37' 6"	34' 6"	25' 6"	23' 6"
Discus	100' 0"	80' 0"	65' 0"	55' 0"
400 Relay	time must be entered	time must be entered	time must be entered	time must be entered
1600 Relay	time must be entered	time must be entered	time must be entered	time must be entered