

# CARPINTERIA HIGH SCHOOL

## ATHLETIC DEPARTMENT

### 105<sup>th</sup> ANNUAL RUSSELL CUP, APRIL 19, 2025

#### GENERAL INFORMATION

1. See the Order of Events for **tentative** starting times for the track and field events.
2. A maximum entry fee of \$450 per school (\$225 for a single gender school) has been established. Individual entries are \$15 per athlete and \$25 per relay team. A school will be responsible for all submitted entries. There will be no refunds for scratches.
3. Tickets will be sold through [Gofan.com](http://Gofan.com), the official ticketing agency of the CIF. Prices will be \$10 adults, \$5 for senior citizens and students.
4. Breakfast, lunch and snacks may be purchased during the day at the stadium.
5. Primary parking will be in the student parking lot. Please have busses park in the smaller faculty parking lot. A \$5 donation for parking will be requested.
6. Pets are not allowed on campus.

#### COACHES' INFORMATION

1. Entry deadline is April 17. Entries are to be submitted through athletic.net. Please adhere to the qualifying standards attached to the entry forms. Every entry must have a best mark listed and must meet the standards given. Please note that only **three entries per event** are allowed even if more than three of your athletes meet the standard.

Marks will be taken from seasonal bests on the athletic.net database. If your athlete's best seasonal mark does not appear in the database, email [russellcup@yahoo.com](mailto:russellcup@yahoo.com) for a manual override. Please send the name, mark and meet where it was performed. Coaches will not be able to do their own overrides.

2. On meet day, scratches should be reported to the clerk of the course as soon as possible. The clerk of the course will scratch those who do not report on time. Field event judges will do likewise.
3. Athletes will be allowed 10 minutes excusal time to compete in another event. They should be available to compete at a particular event site within 10 minutes of excusal from that event site. To prevent problems, please make sure your athletes are communicating with the officials and keeping track of their excusal time. (National Federation Rule 3, Section 2, Article 3o)
4. The track and jumping surfaces at Carpinteria High are all synthetic. 3/16" spikes are required for all athletes. Spikes will be checked. Spikes will be on sale for \$5 per package of 20 spikes. Please do not wear spikes in the bleachers.
5. Tennis ball halves will be provided for use as relay take-off markers. Please do not use tape for take-off marks.
6. *Coaches and athletes not in competition are to stay off the track and infield, unless called for.*
7. Athletes may set up tents and warm up on the field below the stadium. *Please no tents or canopies in the home stretch bleachers.* Canopies will be allowed in the top rows of the back stretch bleachers.

## **AWARDS & SCORING**

1. Medals will be awarded to the first four finish places.
2. Trophies will be awarded to the winning team in each of the four divisions. Sweepstakes trophies will be awarded to the school with largest combined score in the two boys' divisions and in the two girls' divisions. The school with the largest total from all four divisions will earn the Grand Sweepstakes trophy.
3. Scoring: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1  
(All ties will be broken. Point totals will be split in the case of ties that cannot be broken.)

## **SEEDING**

All races will be seeded at the clerk of the course after the competitors have checked in. This will consolidate races and eliminate empty lanes after scratches have been made, creating more head to head racing opportunities.

It is important that athletes do not wait until the last minute to check in. If he/she shows up too late, he/she will be scratched from the race. If a substitute checks in, make sure the athlete knows who he/she is subbing for and is prepared to report his/her own entry time. This way we can keep the seeding as accurate as possible.

Laned races have a maximum of 9 entries. The 800s will have a maximum of 12. Lane assignments will not be known until scratches have been made and the card is printed at the clerk. Lane assignments are based on the CIF's procedure of 5-6-4-7-3-8-2-9-1. The fastest race is run last. The seeding program will fill all lanes in the last race and balance the rest of the competitors in the preceding sections.

## **800 METERS, 1600 METER, & 3200 METERS**

The 800m will be started in alleys rather than lanes. Four (4) athletes will occupy a three (3) lane alley with a maximum of twelve (12) in each race. A one turn stagger will be used.

The 1600m and 3200m will start in alleys as well. Two thirds the field will start from lane 1 waterfall line, using lanes 1-9. The other third will use lanes 5-9 and start from the lane 5 waterfall line

## **SCRATCHES AND SUBSTITUTIONS ON MEET DAY**

Any changes for track events should be turned into the clerk of the course on the Scratch or Substitution form included in your packet, as soon as possible. Field event changes will be handled by the field event official at the event site.

PLEASE NOTE: If an athlete was mistakenly left off the entry form, he/she may be entered on the day of the meet for a cash fee of \$10 per event. All late entries, running and field events, should be turned into the clerk of the course. This only applies for an addition, not a substitution. Please be reminded that the 3 entries per event limit may not be exceeded. If it is discovered after the fact that a school has more than 3 entries in an event, the extra entry will be disqualified.

## **LONG AND TRIPLE JUMPS**

The girls long jump and triple jump will be conducted on the eastern runway outside of the first turn. The long jump board is 8 feet from the pit. The triple jump boards are 24, 28 and 32 from the sand. The boys long jump and triple jump will be conducted on the infield runway. The long jump board is 8 feet from the pit. The triple jump boards are 24, 32 and 36 feet from the sand.

Each competitor shall be allowed three (3) preliminary trials. Nine (9) finalists will be allowed a fourth trial. The top six (6) after the fourth round will be allowed a fifth trial. The top three (3) after the fifth round will be allowed a sixth and final trial. The preliminary trials will be conducted in flights using a jumping order. The finals will begin at the conclusion of the prelims.

## **SHOT PUT AND DISCUS**

Each competitor shall be allowed three (3) preliminary trials. Nine (9) finalists will be allowed a fourth trial. The top six (6) after the fourth round will be allowed a fifth trial. The top three (3) after the fifth round will be allowed a sixth and final trial. The preliminary trials will be conducted in flights using a throwing order. The finals will begin at the conclusion of the prelims.

All implements should be weighed in upon arrival. Weigh-in will be conducted from 8:30 AM to 9:30 AM. The weigh-in is located at the field event clerk at the western end of the field. Underweight implements will be impounded. These implements can be picked up at the conclusion of competition.

## **HIGH JUMP**

Opening heights will be 1 inch below the qualifying standard. The bar will be raised in 2 inch increments. If the number of entrants becomes too large, meet management reserves the right to raise the bar in 4 inch increments for the first one or two heights and in 2 inch increments thereafter.

## **POLE VAULT**

Opening heights will be 3 inches below the qualifying standard. The bar will be raised in 6 inch increments. If the number of entrants becomes too large, meet management reserves the right to raise the bar in one foot increments for the first one or two heights and in 6 inch increments thereafter. Please remember to bring the CIF weight & pole documentation form. The forms must be presented to the event official before the athlete is allowed to warm up or compete.

**105<sup>th</sup> RUSSELL CUP TRACK & FIELD MEET  
APRIL 19, 2025**

**REQUIRED QUALIFYING STANDARDS**

	<b>V BOYS</b>	<b>V GIRLS</b>	<b>FS BOYS</b>	<b>FS GIRLS</b>
100 METERS	12.00	14.10	12.50	14.50
200 METERS	25.00	29.30	26.00	30.40
400 METERS	56.25	1:09.75	59.00	1:12.00
800 METERS	2:16.25	2:46.50	2:22.50	2:55.50
1600 METERS	5:00.00	6:10.00	5:10.00	6:30.00
3200 METERS	11:10.00	14:15.00	11:55.00	14:45.00
100 M HURDLES	---	21.00	---	23.00
110 M HURDLES	20.00	---	22.00	---
300 M HURDLES	48.00	57.25	52.00	1:00.00
4x100 M RELAY	48.00	57.00	52.00	59.00
4x400 M RELAY	3:55.00	4:50.00	4:15.00	5:10.00
LONG JUMP	17-06	13-09	16-06	13-00
TRIPLE JUMP	36-00	27-00	33-00	25-00
HIGH JUMP	5-00	4-02	4-09	4-00
POLE VAULT	8-06	6-00	7-00	5-06
SHOT PUT	36-06	25-06	33-06	22-00
DISCUS	95-00	70-00	80-00	55-00