

Sunset League Prelims /Finals:

Entry Deadline: Tuesday April 25, 4:30pm`

Seeding Meeting: Fountain Valley HS, Brian Bivens Room at 5:00

Constitution Review and Season Awards: TBD

No bags on the field including spike bags

Sweats on the warm up field okay, but athletes are exit field immediately after running their event. Please leave all gear near finish line so they can collect and exit. **NO FOOD ON THE IN FIELD.**

3/16 pyramid spikes

League Prelims: 4/28/17

- Start Time: 2:00 PM (Field events and running). We will employ a rolling schedule and will run continuously until completed.
- Qualifying from Prelims to Finals, in lane races, heat winner + next fastest to equal 9 competitors. In the distance races, top 3 per heat + next fastest to equal 18 competitors, Boys Varsity will have 12 finalists.
- Girls Frosh/Soph and JV 3200 will be combined.
- Varsity 3200 will be run on finals day only
- Varsity Girls 1600 and 800 will only run on Finals
- All sprinting events will be run on prelims and end on finals, except for the JV 110 hurdles that will only run on finals.
- All Lower Level field events will be finals competition on 4/28, top 9 in prelims will receive additional 3 attempts in horizontal Jumps and throws.
- Athletes are not allowed to loiter on the field, Coaches are encouraged to be on the field, Coaches are responsible to police their own team.

Event Officials: Please bring all ancillary equipment to run the event, **coaches are encouraged to be present at the events, but not interfere.**

Los Alamitos: High Jump

Edison: Pole Vault please bring your standards

Fountain Valley: Long Jump

Newport Harbor: Men Throws

Huntington Beach: Triple Jump

Marina: Women Throws

High Jump/Pole Vault: 5 alive format.

Opening heights:

2:00pm starts Boys pole vault followed by the Girls

Boy vaulters first 8-0, 8'9, 9' 6", 10-0, then 6 inches after (FS/JV combined)

Pole Vault open at 6-6, then 6 inches thereafter. Frosh/Soph girls and JV compete together.

Girls Check In after Boys are done

High Jump

Frosh/Soph and JV Girls check in at 2:00pm

3' 10" starting height then 2 inches after

Frosh/Soph and JV Boys first 4:00pm, Combined.
4-8 starting height then 2 inches after

Long and Triple Jump: 4 hr open pit 3 attempts. 1 hr 15 min finals immediately following, top 9- 3 more attempts.
2:00-6:00 open pit (3 jumps 6:15pm-7:00pm finals (3 jumps) (Jump officials have discretion to extend finals to accommodate jumpers)

Shot Put/ Discus

Girls discus/ Boys Shot Put 2:00 pm Frosh/Soph followed by JV 3 attempts, top 9 finals 3 more.
Girls Shot put/ Boys Shot Put 4:00 pm Frosh/Soph followed by JV 3 attempts, top 9 finals 3 more

League Finals 4:00pm start time running events

3:00 PM Start all Field Events

3:00 PM Girl's Disc followed by Boys

Girls Shot followed by Boys

Long and Triple

3:00-5:30pm open pit (3 jumps)

6:00-7:30pm finals (3 jumps) (the Jump official has discretion to extend the close of pit)

Pole vault Boys followed by Girls

3:00pm Boys First, Girls to follow, 4:30 pm Girls Check In

Boys PV D1/D2 Standards: 12'/10' Auto: 14' 6"/ 13' 6"

Girls PV D1/D2 Standards: 8'6 /8' Auto 10' 4"/10' 8"

8-0 open girls then 6 inches until 8', 8'9", 9'3", 9'9", 10'2", 10' 6"

10-6 open boys then 6 inches until 10'6, 11' 3", 12', 12' 6", 13-0, 13-5, 14-0....

High Jump Girls followed by Boys

Boys HJ D1/D2 Standards: 5' 9"/5' 10" Auto: 6'3" 6'2"

Girls HJ D1/D2 Standards: 4' 9"/4' 9" Auto: 5' 2"/5' 1"

Girls First, Boys to follow 4:00pm -7 then 2 inches with 5'1, 5'3, 5'4, 5'5 possible

Boys to follow 5-6 then 2 inches

Relay Zones Zone 1- NH/FV, Zone 2- Ed/LA, Zone 3- HB/MAR