



# LA REINA HIGH SCHOOL

## TRACK & FIELD

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### Tri Valley League Championship Finals

#### Meet Information

**TVL Schools:** La Reina Oak Park  
Carpinteria Oaks Christian  
St. Bonaventure Nordhoff

**Date:** Thursday, May 5, 2011

**Time:** 3:00PM – Running Events  
2:30PM – Field Events

**Location:** Carpinteria High School  
4810 Foothill Road  
Carpinteria, CA 93013

**Facility:** 9 Lane All Weather Track  
All Weather Long/Triple/High Jump Runways  
Centrally Located Shot Put & Discus Rings  
Stadium Lights

**Levels:** Varsity, J.V.

**Timing:** Video Electronic Timing

**Entries:** See Attached

**Schedule:** See Attached

**Scoring:** *All heats in each divisional race will score!*

Individual Events:	1 <sup>st</sup> = 10 pts	Relay Events:	1 <sup>st</sup> = 10 pts
	2 <sup>nd</sup> = 8 pts		2 <sup>nd</sup> = 8 pts
	3 <sup>rd</sup> = 6 pts		3 <sup>rd</sup> = 6 pts
	4 <sup>th</sup> = 4 pts		4 <sup>th</sup> = 4 pts
	5 <sup>th</sup> = 2 pts		5 <sup>th</sup> = 2 pts
	6 <sup>th</sup> = 1 pt		



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#### General Information

**Class Release:** Athletes will travel by bus to Carpinteria High School. All athletes will be released from class at 12:35PM. The bus will leave promptly at 12:45PM. Everyone should be dressed and ready to go at release time. **NO ONE SHOULD BE LEAVING CLASS EARLIER THAN THE PRESCRIBED TIME!!!**

**Trip Return:** Barring delays, the team should expect to return to La Reina between 8:30PM and 9:30PM

**Spike Length:** 5MM-7MM Spikes

#### Athlete

**Check In:** *Track Events:* With Clerk of the Course  
*Field Events:* With event official

**Parking:** Parking is located in the front of the school.

#### Restroom/

**Dressing Facilities:** Stadium restrooms will be available to athletes and spectators. Restrooms may also be used for dressing.

**Heats:** The “fastest” athletes from each school will run in the first heat.

**Hurdles:** *100 Hurdles*                      *300 Hurdles*  
33” Varsity                              30” Varsity  
33” J.V.                                      30” J.V.

#### Long Jump/

#### Triple Jump:

Athletes must have their marks, practice runs, etc completed prior to the start of the event. Your first jump must be made in the first 45 minutes of the competition. There will be a 2 hour time limit. All athletes will receive 4 attempts.

#### Shot Put/

#### Discus:

All warm-up’s must be completed prior to the start of the event. Varsity athletes will receive 4 attempts, JV athletes will receive 3.



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#### Tri Valley League Standings

##### *Varsity Girls*

1. Oaks Christian	5-0-0
2. La Reina	4-1-0
3. Oak Park	3-2-0
4. Nordhoff	2-3-0
5. Carpinteria	1-4-0
6. St. Bonaventure	0-5-0

##### *Varsity Boys*

1. Oaks Christian	3-0-1
1. Oak Park	3-0-1
3. Nordhoff	2-2-0
4. St. Bonaventure	1-3-0
5. Carpinteria	0-4-0

##### *Junior Varsity Girls*

1. Nordhoff	5-0-0
2. Oaks Christian	3-2-0
2. St. Bonaventure	3-2-0
4. La Reina	2-3-0
5. Oak Park	1-4-0
6. Carpinteria	0-5-0

##### *Frosh/Soph Boys*

1. Oak Park	3-1-0
1. Oaks Christian	3-1-0
3. Nordhoff	2-2-0
4. St. Bonaventure	1-3-0
4. Carpinteria	1-3-0

#### High Jump Progression

Varsity Girls: 4-0, 4-2, 4-4, 4-6, 4-8, 4-10, **5-0**, **5-2**, 5-4  
Varsity Boys: 4-10, 5-0, 5-2, 5-4, 5-6, 5-8, 5-10, **6-0**, **6-2**, 6-4  
J.V. GIRLS: 3-8, 3-10...  
F/S BOYS: 4-6, 4-8...

#### Pole Vault Progression

Varsity Girls: 6-0, 6-6, 7-0, 7-6, **8-0**, 8-6, 9-0, 9-4, **9-8**, 10-2, 10-8  
Varsity Boys: 7-0, 7-6, 8-0, 8-6, 9-0, 9-6, 10-0, 10-6, **11-0**, 11-6, 12-0, 12-6, 13-0, **13-5**, 13-8, 14-2  
J.V. GIRLS: 5-0, 5-6...  
F/S BOYS: 6-0, 6-6...

**DIV. III AT LARGE**

**DIV. IV AT LARGE**



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### Tri Valley League Championship Finals

#### Order of Events

#### RUNNING EVENTS

1. G JV 1600 METERS
2. B F/S 1600 METERS
3. G JV 400 METER RELAY
4. B F/S 400 METER RELAY
5. G V 400 METER RELAY
6. B V 400 METER RELAY
7. G V 1600 METERS
8. B V 1600 METERS
9. B F/S 110 METER HURDLES
10. B V 110 METER HURDLES
11. G JV 100 METER HURDLES
12. G V 100 METER HURDLES
13. G JV 400 METERS
14. B F/S 400 METERS
15. G V 400 METERS
16. B V 400 METERS
17. G JV 100 METERS
18. B F/S 100 METERS
19. G V 100 METERS
20. B V 100 METERS
21. G JV 800 METERS
22. B F/S 800 METERS
23. G V 800 METERS
24. B V 800 METERS
25. G JV 300 METER HURDLES
26. G V 300 METER HURDLES
27. B F/S 300 METER HURDLES
28. B V 300 METER HURDLES
29. G JV 200 METERS
30. B F/S 200 METERS
31. G V 200 METERS
32. B V 200 METERS
33. G JV 3200 METERS
34. B F/S 3200 METERS
35. G V 3200 METERS
36. B V 3200 METERS
37. G JV 1600 METER RELAY
38. B F/S 1600 METER RELAY
39. G V 1600 METER RELAY
40. B V 1600 METER RELAY

#### FIELD EVENTS

1. B & G LONG JUMP  
Run Throughs: 2:45PM – 3:00PM  
Begins at 3:00PM  
Open Pit for 2 ½ Hours  
Four Jumps, No Finals
2. BV, GJV, GV, BF/S DISCUS  
Begins at 3:00  
Four throws, no finals
3. GV, BFS, BV, GJV SHOT PUT  
Begins at 3:00  
Four throws, no finals
4. G Then B POLE VAULT  
Begins at 2:30
5. B then G HIGH JUMP  
Begins at 3:00
6. B & G Triple JUMP  
Run Throughs: 5:30PM – 5:45PM  
Begins at 5:45PM  
Open Pit for 2 Hours  
Four Jumps, No Finals



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#### C.I.F. Qualifying Standards

#### GIRLS C.I.F. QUALIFYING MARKS

EVENT	DIII 2 <sup>nd</sup> & 3 <sup>rd</sup>	DIV 2 <sup>nd</sup> & 3 <sup>rd</sup>	DIII AT-LARGE	DIV AT-LARGE
100 METERS	13.44	13.34	12.54	12.47
200 METERS	28.14	27.54	25.56	25.69
400 METERS	1:05.14	1:04.14	58.69	59.97
800 METERS	2:35.44	2:37.14	2:21.87	2:23.54
1600 METERS	5:45.14	6:00.14	5:09.38	5:21.62
3200 METERS	13:00.00	13:30.14	11:20.57	11:44.48
100 HURDLES	17.74	19.54	15.55	16.99
300 HURDLES	52.34	54.44	47.61	47.79
4X100 RELAY	53.74	55.14	49.53	51.29
4X400 RELAY	4:30.14	4:40.14	4:03.71	4:09.26
LONG JUMP	15'00.00"	14'06.00"	16'09.00"	16'02.00"
TRIPLE JUMP	31'06.00"	28'06.00"	35'00.00"	33'03.00"
HIGH JUMP	4'07.00"	4'06.00"	5'02.00"	5'00.00"
SHOT PUT	30'00.00"	27'06.00"	35'11.00"	33'08.00"
DISCUS	90'00.00"	75'00.00"	111'10.00"	97'03.00"
POLE VAULT	7'00.00"	7'00.00"	9'08.00"	8'06.00"

#### BOYS C.I.F. QUALIFYING MARKS

EVENT	DIII 2 <sup>nd</sup> & 3 <sup>rd</sup>	DIV 2 <sup>nd</sup> & 3 <sup>rd</sup>	DIII AT-LARGE	DIV AT-LARGE
100 METERS	11.64	11.74	10.98	11.30
200 METERS	23.54	23.94	22.22	22.52
400 METERS	52.84	55.04	50.49	51.18
800 METERS	2:05.14	2:12.14	2:00.28	2:01.24
1600 METERS	4:50.14	5:05.14	4:26.74	4:33.06
3200 METERS	10:20.14	11:25.14	9:37.04	9:59.05
110 HURDLES	16.34	20.14	15.28	16.53
300 HURDLES	43.94	47.14	40.30	42.97
4X100 RELAY	45.94	47.74	43.23	44.56
4X400 RELAY	3:40.14	3:52.14	3:28.08	3:35.32
LONG JUMP	20'00.00"	18'09.00"	21'03.00"	20'08.00"
TRIPLE JUMP	40'00.00"	36'00.00"	43'03.00"	42'02.00"
HIGH JUMP	5'08.00"	5'07.00"	6'02.00"	6'00.00"
SHOT PUT	43'00.00"	37'00.00"	50'02.00"	44'01.00"
DISCUS	120'00.00"	105'00.00"	149'00.00"	129'02.00"
POLE VAULT	10'00.00"	7'06.00"	13'05.00"	11'00.00"