



Saturday, March 18, 2017
Dublin High School, Dublin, CA

<i>Event Schedule</i>			<i>Meet Records</i>			
<u>Time</u>	<u>Event</u>	<u>Heats</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Time</u>
8:00	Girls 1600	1-16	Hannah Fishlow	Miramonte	2016	5:02.79
10:05	Boys 1600	1-28	Erik Olson	Novato	2009	4:17.28
12:55	Girls 800	1-21	Kendall Derry	Bella Vista	2015	2:12.84
2:10	Boys 800	1-30	Sebastian Sam	Oak Grove	2008	1:54.21
3:45	Girls 3200	1-7	Kristen Leung	Lowell	2016	10:33.71
5:35	Boys 3200	1-13	Cooper Teare	SJND	2016	8:56.07
8:15	Girls Distance Medley Relay		Bella Vista	Bella Vista	2015	12:14.03
8:35	Boys DMR	1-2	Davis	Davis	2016	10:23.93

Final Meet Instructions

PARKING – There is plenty of parking available on campus as well as on the street. We ask that all buses park on the street.

PACKET PICK-UP – Packets will be available at the Coach/Athlete Gate. Only coaches will be issued packets. Packets will contain coaches passes, coaches tickets (good for a free snack bar helping), a program, team entries, trash bag and final instructions. Please do not ask for extra heat sheets. Programs are available at the concession stand.

COACH/ATHLETE GATE – Athletes must have their singlets on in order to get in for free. If they do not have their uniforms on, they will be redirected to the spectator gate. Each school is allowed two coaches tickets in their packet for free admission. All others (including drivers) must pay admission.

SPECTATOR GATE – There will be one way into the stadium for spectators. General admission is \$9, \$5 with a student ID.

CHANGES/SCRATCHES – Some changes have taken place since the heat sheets were sent out and all athletes/schools affected by these changes have been notified and the changes have been noted in the official heat sheets and results sheets used by officials on the field.

WARM-UP AREA/TRACK & FIELD ACCESS – Only athletes with uniforms on and coaches with passes will be allowed on the infield during the races. Entrance to the track and infield will be done behind the 100 meters starting line. Athletes may warm-up on the infield of the track and on the baseball fields. PLEASE DO NOT CLIMB OVER THE FENCE OR FLAGGED OFF AREAS. They are there for the safety of the spectators and athletes.

BULLPEN/CHECK-IN – Athletes should check-in 3-4 heats prior to their heat. THERE WILL NOT BE CALLS TO CHECK-IN. Athletes should arrive at the infield bullpen at least two-three heats prior to their assigned heat. After checking in with the clerk, athletes will be able to get in strides. Just prior to race time, the clerk will give final instructions and alley assignments. The clerk will also escort each heat to the starting line. Remind your athletes to pay attention as we intend to keep things moving quickly. Athletes who run in a heat for which they were not assigned will be disqualified. If an athlete misses his/her assigned heat, they will not be allowed to run in another heat.

RACE MECHANICS – Each race will employ a double-alley start with the exception of the fast heat of the 800 in each gender, which will have assigned lanes. Two-thirds of the field will be assigned the inside alley and one-third will be assigned the outside alley. Runners are to stay in their assigned alley for the first turn, breaking for the curb when they enter the back straightaway. As runners finish, they will be directed through a finish chute on the infield. As they exit the chute, officials will record their finish place and hip number. The top three finishers (top 4 in the fast heat) in the individual events and the top Distance Medley Relay team will receive t-shirts OR a bag (as supplies last) as they exit the chute. SPECTATORS, TEAMMATES AND COACHES ARE NOT ALLOWED IN THE FINISH OR CHUTE AREAS.

TIMING – We will be using fully automated timing. However, if there is a delay or problem with the timing system, we will be using hand times. Decisions of the finish line judges will be final.

RESULTS – Results will be posted along the fence next to the snack bar. We will try to post results as soon as possible. Results will be available online at www.dublincrosscountry.com, www.adkinstrakwest.com, www.crosscountryexpress.com, www.prepcaltrack.com and www.athletic.net.

RESTROOMS – Restrooms will be available next to the snack bar.

TENTS – If you plan to set up a team tent, please do so at the top of the bleachers, so as not to block spectators' view. Please do not set up your tent on the grass surrounding the track and field.

SEATING – The bleachers on both sides of the track will be open. Again, please do not set up your tents or chairs on the grass surrounding the track and field.

CONCESSIONS – Located at the snack bar. T-shirts are \$18 and programs are \$2.

FOOTBALLS, FRISBEES, SOCCER BALLS, ETC. – No playing with footballs, Frisbees, soccer balls, etc. on the infield. We will have a disc jockey to provide music so there is no need for anyone to bring their own musical devices.

MEDICAL – There will be an athletic trainer on site located next to the goal post closest to the finish line. Ice will be available upon request. Each school is responsible for their own supplies and athletic training equipment.

CLEAN-UP & SUPERVISION – Make sure your athletes conduct themselves in a respectable manner. Remind them to be careful when crossing the track as we have races going on all the time. Please have them clean up their team area when they leave the meet. Trash cans and trash bags will be available.

WEATHER – The Dublin Distance Fiesta will happen rain or shine.