

Asics Orange County Track & Field Championships
Saturday, April 15, 2023
Mission Viejo High School

Contact Information: Rich Medellin (714) 381-9280 or richmedellin@sbcglobal.net.

Time: Gates open at 7:00am. Running events start at 8:30am and field events at 8:30am.

Facilities: Nine-lane 400m polyurethane track and runways. Athletes are required to wear 3/16" spikes. **Sports drinks, soda, gum, sunflower seeds, or foods are NOT allowed on the artificial infield.**

Awards: Orange County Championship awards will be given to the top 8 performers in all events on both the varsity and frosh/soph levels. The varsity Athlete of the Meet awards will go to the overall top distance, field and sprint athletes. A perpetual championship trophy will stay with the winning varsity team for one year. Team awards will go to first place and runner-up in the varsity and (only) first place in the frosh/soph. In the case of a tie in an event, the points will be split equally and all athletes will receive an award.

Entry Fees: The fee is \$10 per event, and \$40 per relay team. Make checks payable to: **Esperanza Track Boosters**. Please bring the check to the meet and check-in at the main coaches/athletes gate. **Please DO NOT MAIL CHECKS.** You may contact me if needed by email at richmedellin@sbcglobal.net . A personal check will be required if you are unable to obtain a school check. We can hold all personal checks for a period of 10 working days.

Coaches are to stay off the field unless requested by the meet management.

Meet Registration: Coaches go to ca.milesplit.com to enter their athletes. Each school will be allowed TWO entries for each event and marks from the 2023 seasons will be accepted. The number of races to be contested in each event is stated on the order of events. See field events for starting heights and measurable marks. Coaches may start entering their athletes on Wednesday, March 1, 2023. Entries will close by 1:00 pm on Sunday, April 9. All marks for lane races will be verified using Milesplit. Please make sure 2023 seasonal best marks are posted on ca.milesplit.com for an athlete to be considered for the fastest heat.



Wild Card Entries:

Each team will have at most two boys varsity and two girls varsity wild card entries for the meet. A team must first enter two athletes into a specific event and then may also use a wild card entry to enter other athletes into the same event **given the third or fourth athletes are in the top 15 of accepted athletes in that specific event.** School’s entering wild card athletes must first have the two varsity athletes verified and accepted into the event. All wild card entries must be verifiable to be accepted on MileSplit. Please email your wild card entries to richmedellin@sbcglobal.net.

Athlete Replacement: An athlete who is a “No Show” due to illness or injury may be replaced with another athlete from the same school.

Add Cards: Adds are treated as new entries and coaches must pay \$10 per individual event and \$40 per relay event for an Add Card at the Coaches check-in, if space is available by a scratched athlete. **No school should have more than two athletes in an event. If a third athlete runs in an event their score will not counted in the team scoring.** Add Cards are presented at the Clerk of the Course or to the field event official.

Field Events: There will be a total of 3 efforts at the F/S level Long Jump and Triple Jump and a total of 4 efforts at the Varsity level. Shot Put and Discus will get 3 efforts in prelims and the top 9 will get 3 additional efforts. Shot Puts will be provided for the competition and Discus will be weighed.

Pole Vault: We will have a Coaches Box for the pole vault coaches ONLY! No athletes or spectators are allowed in the Coaches Box. You will be given a wrist band to wear and must stay in the Coaches Box area during the event.

VERY IMPORTANT-Jumping event athletes are to report for check-in at the appropriate start time with the jumping official when their event is called. Coaches and athletes must be aware that all event-starting times are approximate. Events may finish prior to their approximate times and may start sooner than their approximate times. If an athlete needs to leave a jumping event to compete in a running event, they **MUST FIRST CHECKOUT** with their field event official, and then upon the athletes return to the jumping event the athlete will be inserted into the current jumping flight or any remaining flight. If an athlete returns to the jumping event after it has been completed the event **WILL NOT BE REOPENED!**

Starting Heights:

Boys High Jump	Varsity 5’8”	F/S 5’2”
Girls High Jump	Varsity 4’8”	F/S 4’4”
Boys Pole Vault	Varsity 12’0”	F/S 10’0”
Girls Pole Vault	Varsity 9’0”	F/S 8’0”

- Competition to be conducted in continuous flights.

Measurable Marks:

Boys Long Jump	Varsity 18’0”	F/S 16’0”
----------------	---------------	-----------



Girls Long Jump	Varsity 14'0"	F/S 12'0"
Boys Triple Jump	Varsity 36'0"	F/S 34'0"
Girls Triple Jump	Varsity 30'0"	F/S 28'0"
Boys Shot Put	Varsity 40'0"	F/S 35'0"
Girls Shot Put	Varsity 25'0"	F/S 24'0"
Boys Discus	Varsity 120'0"	F/S 100'0"
Girls Discus	Varsity 90'0"	F/S 70'0"

Timing & Results: Will be done by **Finished Results**.

Live results can be viewed on your smartphones using the *Finished Results Live App*



Download the *Finished Results Live App*: www.FinishedResults.com/LiveResults

Clerk of the Course: All runners must check in with the Clerk of the Course 15 mins prior to their event. Athletes who do not check in will be disqualified. The Clerk of the Course will be located on the warm-up area across from the West end of the track. Relay teams may check in with only one athlete; however it is the responsibility of the coach and relay athletes to be on the track for the correct race and compete in the correct lane or they will be disqualified. **If an athlete or relay team runs in the wrong race or wrong lane they will be disqualified.**

Relay Batons: Relay teams must bring their own batons.

Athletes who are not competing are to stay off the infield and out of the competition areas during the entire meet. Cell phones are not allowed in the competition areas.

Trainer: We will have a trainer available for injured athletes only. Each school is asked to supply their own First Aid and training supplies.

Seating: Athletes are to be in the West bleachers or in the warm-up area. Parents and spectators are to sit at the finish line side of the East bleachers.

T-Shirts: A limited number of T-Shirts will be on sale for \$15.

Patches: Orange County Championship Patches will be sold at the meet for \$20.

Admission prices: Adults \$10, Students without ASB card and Seniors \$5, Students with an ASB card \$3. Children under 10 years of age \$2. CIF cards will be honored at this meet.



Free Parking: Parents and spectators may park in the Mission Viejo HS parking lot. Buses will park in the far upper southern parking lot. If this lot is filled then buses may park at La Paz Jr. High School.

Special Notes: Radios, soccer balls and footballs are not allowed at the meet or in the warm-up area. Athletes attending this meet must be under the supervision of a coaching staff member. (State and Southern Section Rule 307).

