

**2013 DICK WILKINS FROSH-SOPH  
MEET OF CHAMPIONS**

- Date:** Saturday April 27<sup>th</sup>
- Site:** Del Norte High School  
16601 Nighthawk Lane  
San Diego, Ca 92127
- Awards:** Day “Open Section”: Top 3 in Individual and Relay Events  
Evening “Invite Section”: Top 6 in individual/field events & Top 6 in Relays  
Chenille “Event Champion” Letterman Jacket Patch for all Invite Winners  
  
Plaques awarded to team champions and athletes of the meet in each division.
- Events:** All traditional C.I.F. events will be contested.  
  
Jumping events will be run “open pits.” Athletes will need to get their jumps in the allotted time.
- Qualifiers:** Straightaway races – Top 9 verified marks  
Lane Turn Races – Top 9 verified marks  
Non-lane races- Top 10 to 20 verified marks.  
**\*False marks will be systematically removed from consideration\***
- Facilities:** This meet is PERMANENTLY being moved to Del Norte High School. In order to garner the best possible experience for the athletes competing in this meet, meet management, past and present, has decided to move the meet to a facility not suffering from the logistic complications that El Capitan simply cannot avoid(Rodeo dates, concerts, etc).
- Spikes:** **\*No spikes over 3/16<sup>th</sup> will be allowed on the track or the runways\*** Spikes will be available for sale at the concession stand for \$1.50 per set.
- Qualifiers:** A complete list of those who qualified for each event will be posted no later than Friday, April 19<sup>th</sup> at <http://www.nighthawkstrack.com/> for review by athletes and coaches. Any corrections for spelling, times, distances will be accepted until the scratch deadline of Monday, April 22<sup>nd</sup>. Scratches after that deadline will result in the school still being held responsible for the entry fee.
- Entry Deadline:** **Saturday, April 12<sup>th</sup>. Entries will be submitted through athletic.net.**
- Entry Fees:** **\$8.00 per accepted individual, \$16.00 per relay(alternates no fee).**  
**Due when you pick up meet packets**  
**School Checks, Personal Checks, Cash accepted.**  
**A Cap of \$400.00(new this year) per team will implemented.**
- Phone: (619)339-7502  
E-mail: nighthawkstrack@gmail.com

## **2013 Dick Wilkins Frosh-Soph** **MEET INFORMATION**

-Accu-Trak, or Finish Lynx Electronic timing systems will be used for all track races.

-Any scratching of athletes must be made no later than Monday, April 22<sup>nd</sup> at 12:00 pm.  
Scratches must be emailed to: nighthawkstrack@gmail.com

-Medals and patches will be handed out on the infield directly following the race for track races.  
Field event medals will be handed out by the event officials directly after the event is ruled as completed.

-Any athlete that fails to reach the check-in area by the third call will be scratched and replaced by the first alternate. Relays may check-in without all 4 member of the team. However, if all 4 members are not present at the time the teams are led to the starting line, the team will be scratched and replaced by an alternate team.

**This year's meet will run like the State Championship meet and institute the "honest effort" rule.**

Honest Effort Rule:

Competitors who have qualified for and been entered into more than one event, must honestly participate in the event for which the athlete is declared or the athlete will be barred from further competition in the meet.

Note 1: It is understood that passing on attempts in vertical jumping events is a strategy in those events and is not considered a question of honest effort.

Note 2: Athletes may appeal a disqualification on the grounds of "Hardship" to the Referee/Games Committee/Jury of Appeals.

**It is perfectly acceptable to enter your athletes in all the events they may get into without knowing which ones they will qualify in. However, if the athlete qualifies in multiple events that he/she does not intend to participate in, the scratches must be made by the coach on or before the above stated deadline! If the scratch is not made by the deadline, that athlete must compete in ALL of the events he/she has qualified or be barred from further competition in the meet.**