

2019 DICK WILKINS FROSH-SOPH “MEET OF CHAMPIONS”

Date: Saturday, April 27th

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 and relays.

Plaques awarded to team champions and athletes of the meet in each division.

Events: All traditional C.I.F. events will be contested, as well as a Frosh/Soph Distance Medley .
Jumping events will be run in flights. Each jumper will have 3 jumps, with the top 7 jumpers receiving 3 additional jumps after preliminary round.

Qualifiers: Straightaway races – Top 9 verified marks Lane Turn Races – Top 9 verified marks
Non-lane races- Top 10 to 20 verified marks. Relays: 4x1 and 4x4 Relays must be composed of
ALL Frosh and ALL Soph to be eligible; Distance Medley can be any combination of frosh/soph
athletes.

Facilities: Del Norte High School has a nine-lane all-weather surface. Runways are all-weather.

Spikes: *No spikes over 3/16th will be allowed on the track or the runways* Spikes will be
available for sale at the concession stand for \$2.00 per set.

Qualifiers: A complete list of those who qualified for each event will be posted no later than
Saturday, April 20th at 8pm, at <http://www.nighthawkstrack.com> for review by athletes and
coaches.

Entry Deadline: Friday, April 19th at 5:00pm PST. Entries will be submitted through
athletic.net.

Scratch Deadline: Monday, April 22nd @ 8:00pm.

Accepted Entries will be posted Saturday. Scratches must be made the following Monday.
Honest effort rule applies, so make ALL scratches by Monday. Please email all scratches to
sdfroshsophinvite@gmail.com.

Entry Fees: \$10.00 per accepted individual, \$20.00 per relay (alternates after scratch deadline -
no fee). Due when you pick up meet packets School Checks, Personal Checks, Cash accepted. A
Cap of \$400.00 per team will be implemented.

Phone: (619)339-7502

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