



Los Angeles

Falcons

Track & Field Team

2010 Season
Parent Handbook

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Revised 2/10

“READ ME”—Summary of Important Information

Registration

Registration includes fee, player contract, medical clearance, Code of Conduct, and Information Form. These must be received before an athlete can begin practice. All athletes also need to submit a copy of proof of age by the 2nd Saturday in March, which is required for conference certification. No athlete can register and compete at meets after the close of certification at the end of March, as determined by the Conference.

Fees and Fundraising

The regular registration fee is \$120 for athletes. Warm ups cost will be \$45. Families with multiple children will receive reductions on the second child and any others. Some partial scholarships are available for those who cannot afford the cost of registration. Registration fees cover basic costs for the team. Each year the team has fund-raisers for new or replacement equipment. There will be fundraising projects for this year. (Picture day, Pizza Night, Car wash, Concessions, Joselitos, ect.)

Parent Involvement

At least one parent per family is being asked to support the team in one of three ways: 1) as a coach or assistant coach, 2) as a parent group officer or coordinator, or 3) assisting coordinators in team support or helping regularly at meets or practices. Opportunities will be explained at the pre-season parent meeting. In addition, everyone’s participation is requested at home meets.

Practices

Beginning March 6: W & Th 6:00 – 7:30 p.m. at Crescenta Valley High School, La Crescenta. The track is on Ramsdell and Altura
Sat. 10 a.m. – 12 noon at Crescenta Valley High School, La Crescenta. The track is on Ramsdell and Altura

Beginning April 1: W & Th 6:00 – 7:30 p.m. at Crescenta Valley High School
Saturday – meets as scheduled (see Appendix)

If it is raining at the time for practice, the practice will be cancelled. If the weather is threatening or the track is wet, the coaches may still do some training activities.

Meets and Uniform

Meets are held Saturdays between April and early June. The team will have a rain hotline number on the morning of meets. Meets start with check-in at 8 a.m. for the Gremlin long jump and 3000m and usually end about 2 p.m. All athletes should arrive ahead of the time scheduled for their first event, to do proper stretching and warm-up with the coaches. Once a final call is made and an event is staged, the event is closed—so please arrive early. Some meets require the teams to sit in the stands. Other meets permit families to use chairs and blankets on the infield. The Falcons will set up canopies for shade.

Athletes compete in divisions, separate for boys and girls:

Gremlins:	Ages 5-7
Bantams:	Ages 8-9
Midgets:	Ages 10-11
Youth:	Ages 12-13
Intermediates:	Ages 14-15 and some 16

The coaches will decide events with each athlete—up to four per meet (three for Gremlins during the regular season).

Athletes that purchase the training warm-ups can use them at practices or meets. It is especially important to keep muscles warm after exertion in the cool mornings or evenings. Uniforms (shorts and tank top) are

required for meets. The uniform can only be worn at meets and not at practices. Please follow the care instructions for washing them. Athletes are also permitted to wear a white T-shirt underneath the tank top and red, black or dark blue tights underneath the shorts. Spikes can be worn in Bantam and older divisions. Athletes should consult with the coach before buying them, because not all events require spikes. Different spikes are used for different track surfaces. One set comes with a new pair of shoes. **Athletes can purchase subsequent sets of spikes for \$2 per set. (Cost may be revised)**

Conduct

Parents and athletes are expected to conduct themselves in a spirit of sportsmanship and health competition. The sport is for the benefit of the athletes, and can be fun even with serious competition. Any concerns about events or judgements should be directed to the Head Coach, who can speak with other head coaches or meet officials. Parents or athletes violating rules of conduct may be asked to leave an event.

****** A Code of Conduct document must be signed by parent / guardian during registration. It is a requirement of registration.***

Los Angeles Falcons Track & Field Team

Team Leadership

Armen Najarian	President
Pablo Carlos	General Manager / Athletic Director
Tony Morris	Treasurer
Kenneth Dickinson	Secretary / Assistant General Manager
Phil Sutphin	Director of Communications / Webmaster
Peggy Morris	Director of Team Merchandizing, Fund Raising & Awards
Sally Suenega	Director of Parent Volunteers
Hilda Kelley	Director of Registration

Coaches

Pablo Carlos	Athletic Director – Head Coach
Joshua Carlos	Coach – Shot Put / Distance
Phil Sutphin	Coach – Sprints
Adam Sutphin	Coach – Bantams
Matthew Sutphin	Coach – Gremlins
Ken Dickinson	Coach – Gremlins
Eric Kinley	Coach – Gremlins
Bob Meeker	Coach – Sprints / LJ
Michael McLaughlin	Coach – Sprint / Hurdles
Jim Couch	Coach – High Jump
Grady Goddard	Coach – Sprints
Tony Morris	Coach – Sprints
Norman Suenega	Coach – Meet Director
Eugene Melnyk	Coach – Distance
Yuri Clingerman	Coach – Sprints / Gremlins
David Ellman	Coach – Sprints
Dennis Acebo	Coach – Sprints / LJ
Saran Richards	Coach – Midgets
Ray Achterman	Coach – Sprints
Paul Murray	Coach – Hurdles

Parent Group Coordinators

Parents	Team Historian	Open
Parents	Fund Raiser crew	Open
Parents	Merchandizing crew	Open
Parents	Concession crew	Open
Parents	Picnic crew	Open
Parents	Awards crew	Open
Pablo Carlos	Parent Handbook / Newsletter	

Rain on Meet Days:

Check the Falcons website <http://www.la-falcons.com>

Revised 2.18.10

LOS ANGELES FALCONS TRACK & FIELD TEAM INFORMATION FOR PARENTS AND ATHLETES

The Los Angeles Falcons Organization

The Los Angeles Falcons is a nonprofit youth organization existing solely to develop young athletes (ages 5-15) for fun and competition in track and field events. The team is open to all boys and girls desiring to improve themselves in this sport in a spirit of healthy competition and sportsmanship. The organization is supported by the dedicated efforts of volunteer parents and coaches.

The Valley Youth Conference

The LA Falcons is a member organization of the Valley Youth Conference (VYC). The Head Coach and Parent Group President attend as board members monthly meetings of the Track and Field and Cross-Country sections. The larger organization also oversees football, cheerleading, and basketball. The conference oversees all the primary track and field events, and current teams (and home fields) are:

VALLEY YOUTH CONFERENCE TEAMS

WESTERN LEAGUE

LAF	Los Angeles Falcons Crescenta Valley High School
HW	Hawks Track Club North Hollywood
HDH	High Desert Heat Antelope High School
SCTC	Santa Clarita Track Club Valencia High School
TT	Thimsha Tigers Alamany High School

EASTERN LEAGUE

NP	Northridge Pacers Granada High School
AV	Antelope Valley Track Club Palmdale Pete Knight High School
RC	Reseda Cowboys Track Club Cleveland High School
NV	North Valley Golden Bears Sylmar High School
VR	Valley Raiders Birmingham High School

Teams within the VYC share the same rules for track and field events and compete in open, league, and conference finals at the end of the season. The L.A. Falcons also promotes post-season competition for regional and national USATF and AAU championships through Junior Olympics.

Fees and Fundraising

The LA Falcons is self-supporting through annual membership fees, donations, and fund-raising efforts. All funds are used for VYC registration, supplemental insurance, championship events, track use fees, uniforms, training outfits, equipment, ribbons and trophies, and administrative supplies. The Parents Group decides fees and fund-raising events before each season based on anticipated income and expenses.

2010 Fees and Fund-raising

- \$120 Regular annual registration fee per athlete
Adjusted fee per child for families with multiple athletes (see fee schedule on checklist)
- \$120 Returning athletes that will reuse last years warm ups
- \$95 Coach Fee if child reuses last year warm ups.
** \$45.00 cost of warm ups. (Recommended for every athlete)

The team will also host concessions at home and invitational meets with the support of parent volunteers. The team will also have picture, pizza night, and a car wash to raise funds. The team may also ask for a small per-family donation for the end of season awards picnic.

Monetary or equipment donations from individuals and businesses are welcome. Possibility exists for some limited product or company promotion. Contact the Head Coach or Parent Group President.

A few partial scholarships are available for those in need. Contact the Head Coach.

Parent Involvement

Parent participation is essential to make the season run smoothly. The greater the participation, the easier the burden on any one person. Most tasks require only willingness and a little time. A Parent Volunteer Form is distributed at registration and the first parent meeting for sign-up. We ask that at least one parent from each family serve in one of three ways: 1) as coach or assistant coach, 2) officer or coordinator in Parent Group, or 3) helping parent coordinators in team support or assist at practices and meets. All new coaches and assistants attend the coaches' clinic in pre-season with the head coach. Officers and coordinators generally have returning athletes. Parents of first year athletes generally serve as team support and parent volunteers at meets, but those with special skills may be asked to help in key positions. Older siblings may also assist. The Parent Volunteer Form explains all need areas to help the support the team.

The Parent Group will meet monthly during the pre-season and season to coordinate team activities. All parents are welcome to attend. There will be one mandatory meeting for all parents prior to the start of the season. Several briefer ones may be held at the end of practice to discuss key events such as a special meet.

Home Meets. Running a home meet requires everyone's help. There will probably be two each season. The Head Coach, Parent Group President and Home Meet Coordinator will coordinate volunteer efforts.

At all meets, every family is expected to supervise their children and leave areas on fields or in the stands clean and trash free.

Registration

Registration materials include registration fee, player contract signed by athlete and parent, code of conduct, falcon information form, web release and medical clearance signed by parent (doctor's approval strongly recommended). These must be received before an athlete can practice. All athletes must also provide a copy of proof of athlete's date of birth by the 2nd Saturday practice in March. Proof of birth may be a birth certificate, passport, or school document. The VYC has a final registration cutoff at the end of the month to certify athletes and generate team rosters and athlete numbers. All of rosters must be distributed for computerized tabulation of meet results, and subsequent changes would cause massive system problems. If registration for an athlete cannot be completed by the certification date, he or she cannot participate in meets that season.

Uniform

The uniform will consist of tank top and shorts and should fit the athlete comfortably. The uniform should not be worn during practices. The uniform should be washed in warm or cold (not hot) water and preferably gentle cycle, tumbled in dryer at cool temperature or line dried, and does not require ironing (or use cool temperature). The team is proud of the uniforms, so please take special care in cleaning them. Uniforms can be donated back to the team at the end of the season.

The athlete keeps training sweats. The sweats can be used at practices and meets, and are important to wear during cooler weather after a race or hard workout. Parents should put their child's name in both tops and bottom to prevent confusion at practices and meets.

Spikes can be worn for practice and meets by all athletes except gremlins (ages 5-7), but should only be used on the track or grass. Most athletes also have a pair of racing flats (plain running shoes) for wearing before and after practices or meets or during warm-up exercises. Other athletes prefer sport sandals. 3/8-inch pyramid spikes are used on dirt tracks, and smaller 3/16-inch needle spikes are used for tartan and other artificial surfaces. Pyramid spikes are no longer allowed on most tartan tracks. Athletes can purchase a set of dirt spikes at the beginning of the year for a minimal charge (generally new shoes come with a set of tartan spikes). New athletes should speak to the coach before buying spikes.

Age Divisions

Gremlins:	Ages 5-7
Bantams:	Ages 8-9
Midgets:	Ages 10-11
Youth:	Ages 12-13
Intermediates:	Ages 14-15 and some 16

Ages are determined based on age on December 31 of the year ending prior to the season. Fall cross-country runners remain in their divisions.

Athletes in all events only compete against their own gender and age division. Track events that have heats (individual races) also order heats by best time, so athletes also compete in these against other athletes about their level of ability. On tags and event schedules, division-gender groups are represented by the first letter of the division and then B for boy and G for girl (e.g., GB=Gremlin Boy and GG=Gremlin Girl).

What is Track and Field?

A standard track is now measured in meters. Some older high school and other tracks measure an oval of ¼ mile (440 yards), and practice on parallel distances to meter tracks is still common. The track at Glendale Community College (and all tracks for meets) is a 400m oval. There are 4 white poles in each “corner,” each exactly 100m from each other. The northeast one (nearer and to the right from in the stands) is the primary finish line, and runners typically run counter-clockwise. The events in track include 100m (one straightaway), 200m (far corner to finish), 400m (1 lap), 800m (2 laps), 1500m (3.75 laps), 3000m (7.5 laps). Runners in races 400m or less must stay in their lanes, numbered 1 (inside) through 6-9 depending on width. To keep the distance equal around the curve, the start is staggered, but the race is the same distance for all. Fastest runners generally run in the center lanes, slower runners in the outer lanes. Older sprinters (midgets and some bantams) may also use starting blocks to get a faster start, but using them requires practice. Distance races start in a “waterfall” (curve), with the fastest runners on the inside. Runners then compete for a place in the pack and run most of the race in Lane 1 except to pass (best done on the straight).

Midgets may compete in the 80m low hurdles, and Youth and Intermediates may compete in the 100m low hurdles, which requires both speed and agility. Finally, there are two team events in which 4 runners are used to complete the distance. The 400m (4 x 100m) relay requires careful passing of a baton in a passing zone, while trying to maintain near sprinting speed. The 1600m (4 x 400m) requires 4 athletes each to run one lap. The athlete on the first lap must remain in lane, pass the baton to the second who remains in lane for 150m (after the curve) and can move into lane 1, and the remaining two runners can run in lane 1 after receipt of the baton. In both relays, the best team time wins.

There are only three field events (on the grass infield) in Valley Youth Conference meets: long jump, high jump, and shot put. The long jump consists on running at full speed from a mark (distance on tape determined at practice), hitting a white line, and jumping as far as possible into a sandpit. Technique is an important part of this event, and most sprinters (and some distance runners) compete in it. All athletes get 2 practice jumps, gremlins score with the best of 3 jumps, and other athletes score with the best of 4. The high jump is only for bantams and older, and requires an approach and back flop jump over a minimum 3-foot high movable bar without knocking it off. High jumpers often have excellent agility and compete at increasing heights until only one winner is left. The shot put involves a specialized throw of a specific sized shot (metal ball weighing 4 lbs. for Bantams, 6 lbs. for Midgets, 8 lbs. for Youth, and 10 lbs. for Intermediates). Puts are made from a circle into a flat dirt area, and the best of 4 throws counts towards winning the event. Strength, throwing acceleration, and technique all contribute to good throws. Throwers also often compete in the 100m events to develop leg strength, power, and quickness.

Practices

Each athlete needs to report to practice **2 days per week**, and preferably 3 during pre-season (March). The more the athlete puts into practice, the better he/she will perform. The coaches will help the athlete make a decision on what events to participate on. Workouts are designed by the coaches to build speed, strength, agility, endurance, and aerobic capacity in accordance with the athlete's needs, and are balanced across the week and season. All practices begin with essential warm-up and stretching, so be on time. Athletes should wear shorts (well above the knee), loose T-shirt or tank top, and running shoes or spikes. Bring water or a sports beverage.

Competitive athletes wishing to do additional practice **must** obtain permission from the head coach. Although additional practice may be helpful to maximize a competitive edge, over training with too many hard workouts is a major cause of running injuries. Workouts need to also be adjusted across the entire season to allow an athlete to reach peak performance at championships and in post-season.

The practice schedule can be found in the Read Me section at the beginning of this booklet and may be changed to meet track availability and need for sufficient light.

Rainy Day Practice and Meets

If it is not raining at practice time, we will have practice. We run on a dirt track and running on it will tear it up. We will, however, run on the grass, do stretching and other alternatives. On threatening days please stay with your child a few minutes to be sure practice will be held. The team will provide a hotline phone number for rain on meet days.

Practice and Track Meet Preparation

1. Please prepare your children for practice and track meets; proper rest, food, and conditioning are essential to insure a healthy child. Avoid milk products and heavy meals two to three hours before practice or competition. A diet high in carbohydrates will provide extra energy (potatoes, bread, fruits, and pastas).
2. Have warm clothes or training sweat for putting on after a race or practice to prevent cramping in cooler weather.
3. Label all personal belongings.
4. Each parent should provide their child the following for each meet:

water and ice	towel	beach chair or blanket
food or money	training sweats	hat or visor
uniform (not to be worn to practice)		sun screen
4. Please pick up children from practice on time. We suggest arriving 10 minutes before practice is over. Children are not permitted to walk home after practice or a meet. Children may be dropped off in front of the track site by the gate at Burroughs or CV High School. Parking is available around the streets in the neighborhood of both schools.
5. Please do not leave your child unattended at track meets. If you must leave, make arrangements with an adult to be responsible for your child.
6. Dress code for meets. Athletes can only run in the team uniform at meets. Red, blue or black (solid color only) tights may be worn under team shorts. A plain white T-shirt may also be worn under the tank top. Improper dress code will lead to an athlete's disqualification.

Meet Schedule

The duration of the Saturday meets is dependent upon many factors such as the number of clubs and/or athletes participating. A meet can vary as much as one hour from the approximate scheduled start times listed below. All field events begin at 8:30 a.m. **Gremlin long jumpers and 3000m runners must arrive by 8:00 a.m.** Because starting times vary, athletes need to arrive early enough to allow for stretching and warm-up with the coaches. Once a final call is made, athletes are staged (e.g., lined up by fastest times and assigned to heats and lanes), and the event is officially closed. Athletes arriving after that point cannot enter the event, even if a specific heat has not yet started.

Track Event (meters)	<u>Approximate Starting Time</u>
3000	8:30 am
Hurdles	9:00 am
400 Relay (4X100)	9:15 am
1500	10:15am
400	11:15 am
100	12:00 pm
800	1:00 pm
200	1:45 pm
1600 Relay (4X400)	2:00 pm

*Athletes, except Gremlins, may compete in only three track and field events during the regular season and the fourth must be a relay. Gremlins are restricted to three events.

The schedule for invitational and championship meets will be different because some events require preliminary heats and finals. Participating athletes will be provided with this information prior to these meets.

How a Meet Works

All athletes are to check in with their division coaches upon arrival at the meet and they are to check out as well at the conclusion of the meet. Athletes who cannot make a meet should notify a coach so that meet events can be planned. Athletes need to arrive early enough to allow sufficient preparation time for their first event. Families arrive and join the team either in the stands or on the infield. Athlete first check in with the parent assigned to give out tags for events. The coaches decide the events for which an athlete will compete that day based on the athlete's skills and team needs, such as for a relay team. Tags are placed on the uniform tank top, and should be kept on until removed by a tag puller at the end of an event. Each tag contains the athlete's name, ID number, team, gender/division, event, and best time.

Athletes may relax between events, but listen to calls for their events from the meet announcer. A 1st call indicates an event will start in 15 minutes. By 2nd call, athletes should report to one of the coaches for stretching and warm-up. By 3rd call, athletes should report to the staging area near to starting line or field event. By the final call (about 5 minutes prior to the start of an event), all athletes should be at the staging area or field event, and follow instructions by the meet officials. Parents and coaches are not allowed in the staging area. If an athlete has calls to both a field event and a track event, the athlete should first go to the field event and check-in. If a 3rd call for the track event is made, then check out and go to the track event. After the track event, return to the field event to complete competition. Athletes can leave after their final event, but should check out with one of the coaches.

A parent Meet Coordinator will be in the team area for questions and can relay messages to the primary coaches by headset radio. Parents can watch and cheer from the stands or infield as the meet permits, but cannot interfere with competition. Parents who assist in the meet can help in one of several ways. Timers push a button as an athlete crosses the finish line in their assigned lane. Some meets or events may require a push at the start as well (the smoke of the starting gun), and other meets have automated timing. Tag pullers keep an athlete in lane after an event, pull the appropriate tag, and give it as requested to the Recorder. "Ribbon writers" usually do not need to write out information anymore with the computerized results at meets, but need to place result labels on appropriate colored ribbons, which are distributed to head coaches after the meet. The writers work with the meet computer recorders, and no one else is allowed in this area. The coach will get official results at the end of a meet distribute ribbons to athletes at a practice. The team may also be required to run a field event or race, and several parents are required for them. These tasks involve organizing the athletes, requesting calls from the announcer, judging performance, and recording results. Parents can learn the rules and requirements from the coaches. At least one coach or assistant coach, familiar with the rules for the event, will judge the competition and organize the event. Calls for volunteers may be made by the meet announcer or requested by a coach, and the time commitment is flexible--usually only an hour or two.

Home meets require many more volunteers from parents and coaches than at an away meet to provide all the officiating, concession help, and set-up and take down of equipment. The Home Meet Coordinator will organize a formal sign-up of positions.

Open Championship Meet

At the end of each season, an Open Championship Meet is held for each league. The Los Angeles Falcons are in the Eastern League. All Gremlins can compete in this meet. Other athletes who have not met a qualifying standard in an event (see Appendix) shall be eligible for the Open Championship. Here athletes can compete in a fun atmosphere for medals and ribbons. Winners are announced and stand on a numbered-place podium.

League Final Championship Meet

Usually the Sunday after the Open Finals Championship, a League Final Meet is held for each league. The Los Angeles Falcons are in the Eastern League. To qualify for entry into League Final meet, an athlete must fulfill both of the following requirements :

1. Have participated in at least half of the team's regular meets.
2. Have a recorded mark in the entered event as good or better than the qualification standard (see Appendix).

Athletes only compete in events for which they have qualified, although they may be asked to participate on a relay team. Athletes who meet a qualifying standard cannot participate in the Open Championship, and participation in the League Final should be viewed as an honor for good performance. Occasionally the league may relax standards when few or no athletes in the league meet the standard. Then participation is by invitation and can be declined by an athlete.

Individual Event Championships (IEC)

The top four finishers from each league final meet (Eastern & Western) and a next best mark in either league are invited to the IEC Finals that culminate the Valley Youth Conference track and field season. Reaching this stage of competition is a tremendous achievement. Competitive athletes desiring to participate in post-season events can contact the Head Coach.

Conduct

A parent, spectator, coach, or another athlete is never allowed to pace a competitor by running, or taking a position along the track for purpose of coaching or assisting him or her. The competitor will be disqualified for any such act. Any times given to an athlete will only be done so by the Head Timer at the finish line during the race.

The Valley Youth Conference has one major goal--to promote youth track and field competition in a wholesome environment. Personal conduct of spectators, officials, coaches, and participants must, at all times, be beyond reproach. Physical and verbal abuse will not be tolerated under any circumstances. Adults or participants unable to display acceptable behavior will be directed to leave the competition site by the Meet Director. Individuals are advised to consider their words and actions. As adults, we are asked to model appropriate sportsmanlike behavior for our athletes and children. The sport is for the children.

****** A Code of Conduct document must be signed by parent / guardian during registration. It is a requirement of registration.***

**Order of Events at
Competition Meets**

(Field and running events occur simultaneously)

Keys : G = Girls B = Boys

FIELD EVENTS

High Jump	
Bantam	G/B
Midget	G/B
Youth	G/B
Intermediate	G/B

Long Jump	
Gremlin	G/B
Intermediate	B/G
Midget	G/B
Youth	G/B
Bantam	G/B

Shotput	
Youth	B/G
Intermediate	G/B
Bantam	G/B
Midget	G/B

RUNNING EVENTS

Event / Order	Gremlin G/B	Bantam G/B	Midget G/B	Youth G/B	Intermed. G/B
3000m Run			1	2	3
80m / 100m Hurdles			1	2	3
400m Relay	1	2	3	4	5
1500m Run	1	2	3	4	5
400m Dash	1	2	3	4	5
100m Dash	1	2	3	4	5
800m Dash	1	2	3	4	5
200m Dash	1	2	3	4	5
1600m Relay		1	2	3	4

Every running event will begin by girls running first in that division. Example, 3000m Midget Girls go first then the Midget Boys.

(There may be times when different age groups will be run together to shorten the meet time, but each age group will be awarded separately.)

2010 Falcons Track & Field Meet Schedule

Regular Season Meets

<i>LAF</i> vs. NV, RC @ <i>Crescenta Valley High</i> *	Sat., April 3	8:00 a.m. – 2:00 p.m.
<i>LAF</i> vs. TT, HW @ <i>Crescenta Valley High</i> *	Sat., April 10	8:00 a.m. – 2:00 p.m.
HDH vs. LAF @ Antelope H.S.*	Sat., April 17	8:00 a.m. – 2:00 p.m.
VYC Invitational (host) @ COC*	Sat. & Sun., Apr.24 - 25,	Sched.TBA
<i>LAF</i> vs. SCTC @ <i>Valencia High</i> .*	Sat., May 1	8:00 a.m. – 2:00 p.m.
VR vs. LAF @ Birmingham H.S.*	Sat., May 8	8:00 a.m. – 2:00 p.m.
NP vs. LAF @ Granada Hills HS *	Sat., May 15	8:00 a.m. – 2:00 p.m.

Open Championships

College of the Canyons *	Sat., May 22	8:00 a.m. – 3:30 p.m.
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Eastern League Championships

College of the Canyons*	Sun., May 23	8:00 a.m. – 3:30 p.m.
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Individual Events Championships (VYC)

UCLA Drake Stadium *	Sat., June 5	8:00 a.m. – 3:30 p.m.
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Notes: *Tartan track. Others are dirt. **Falcons** in bold indicates home meets.

Post-season competition begins in June with Falcons. Interested athletes should speak with head coach Pablo Carlos

Awards Ceremony and End-of-Season Picnic:	June - To be announced (TBA)
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QUALIFYING STANDARDS

Yards								
BG	BB	MG	MB	EVT	YG	YB	IG	IB
33.0	31.0	30.5	29.7	220	28.2	26.5	30.1	26.1
1:17.4	1:13.0	1:11.0	1:08.0	440	1:05.2	59.5	1:08.4	59.3
3:10.0	2:56.0	2:55.0	2:39.4	880	2:44.0	2:23.8	2:51.0	2:23.8
6:26.0	5:54.0	5:51.0	5:22.0	MILE	5:43.9	5:00.1	6:16.7	4:55.0
XX	XX	13:00.0	11:30.0	2 MILE	12:13.0	10:58.9	13:40.0	11:03.0

Meters

BG	BB	MG	MB	EVT	YG	YB	IG	IB
15.4	15.0	14.4	14.1	100	13.6	12.5	14.6	12.5
32.4	31.5	30.3	29.5	200	28.0	26.3	29.9	26.0
1:15.0	1:12.6	1:10.0	1:07.6	400	1:04.2	59.2	1:08.0	59.0
3:02.0	2:53.0	2:50.0	2:38.4	800	2:38.0	2:23.0	2:50.0	2:23.0
6:12.0	5:48.0	5:49.0	5:22.0	1500	5:30.0	4:55.0	6:16.7	4:55.0
XX	XX	12:50.0	11:30.0	3000	12:12.0	10:54.0	13:40.0	11:30.0
XX	XX	17.0	15.0	HDL	19.0	17.5	21.0	18.0

FIELD EVENTS (Imperial)

BG	BB	MG	MB	EVT	YG	YB	IG	IB
3' 7"	3' 10"	4' 1"	4' 5"	HJ	4' 4"	4' 11"	4' 2"	5' 0"
10'10"	12' 2"	12' 9"	13' 10"	LJ	14' 0"	15' 10"	13' 8"	16' 0"
19'10"	26' 0"	21' 6"	27' 0"	SP	26' 0"	30' 6"	25' 0"	29' 0"

FIELD EVENTS (Metric)

BG	BB	MG	MB	EVT	YG	YB	IG	IB
1.04m	1.16m	1.24m	1.34m	HJ	1.32m	1.49m	1.27m	1.52m
3.30m	3.70m	3.88m	4.21m	LJ	4.26m	4.82m	4.16m	4.87m
6.04m	7.92m	6.85m	8.07m	SP	7.92m	TBD	TBD	TBD