

2010 GIRLS AND BOYS MEET OF CHAMPIONS INFORMATON

1. The meet is on Saturday, April 17th. Field events begin at 11:30PM with running at 1:00 PM. Site is Willamette University in Salem.
2. **NOTE:** Entry fee is \$10.00 per athlete per event with a maximum team of \$60.00 boys only, or \$60.00 girls only, or boys and girls combined fee of \$120.00. Please pay ahead of time or bring the check with you to the meet.
3. Everyone making the AUTOMATIC standards will be entered and ALTERNATE standards will be used to fill out the field as needed. **NOTE:** We encourage you to send in times and marks close to but below the alternate standard.
4. All entries will be done using the <athletic.net> website. **NO EXCEPTIONS!** This allows us to download information directly into Hytek.

PLEASE do not enter an athlete in more than 4 events or more than 2 distance events. Each change causes multiple changes with many athletes. The fewer changes the better and the easier it is for each coach to plan for the meet. Delete excess entries prior to the entry deadline.

5. All times and marks must be from the 2010 season. Do NOT convert times. **We encourage you to send any times/marks that are close to the alternate standards. See note in #3.**
6. **ENTRY DEADLINE IS WEDNESDAY APRIL 14th BY NOON. No late entries allowed and we will NOT be dealing with updates. Heats and flights will be determined and posted online late Wednesday evening, Thursday AM at the very latest.**
7. Heats will be run grouped by time with the fastest heat last.
8. For safety and liability reasons, pole vault weigh-ins are mandatory. Be on time and in uniform. Have all poles that might be used available. Athletes using poles not certified will be automatically disqualified.
9. Time limits will be adhered to closely in the field events so that the events stay on schedule.
10. Places will be determined by performance, regardless of heat.
11. Medals will be presented to top the top 8 placers following each event. No team scores are kept.
12. Nike designed Meet of Champions t-shirts and concessions will be available.
13. Entry confirmation & meet results will be posted on the Cascade HS website.
<<http://www.cascadesports.org/moc>>
14. All 4A, 3A, 2A, and 1A schools are invited.
15. Any questions should be directed to Dan Petersen at Cascade HS or Billy Snow at Sweet Home HS.