

# United Track Club 2017



[www.unitedtrack.org/](http://www.unitedtrack.org/)

## Parent & Athlete Handbook

Serving Westlake Village/Agoura Hills/Oak Park  
(Revised February 2017)

# **CLUB INFORMATION**

Mailing Address: United Track Club  
PO Box 1116  
Agoura Hills, CA 91301

Website: [www.unitedtrack.org](http://www.unitedtrack.org)

Email: [info@unitedtrack.org](mailto:info@unitedtrack.org)

Facebook: [www.facebook.com/unitedtrackandfield/](http://www.facebook.com/unitedtrackandfield/)

## **Club Management**

President	Tim Boland
Treasurer	Bob Wagner
Secretary	Jackie Reese
Registrar	Tracy Friedel
Cross Country (XC) Director	Steve White

## **Age Group Head Coaches**

Club Head Coach	Noor Haq
Gremlins	Amanda McComb
Bantam	Grace Padilla-Kastenber
Midgets	Kathy Chapman & Duane Doucette
Youth/Int.	Christian Moore
Distance	Steve White

## **Specialty Coaches**

High Jump	Andy Kastenber
Shot Put	Zechariah Murray
Long Jump	Michelle Simon-Lacombe
Hurdles	Lamont Parks & Katelyn Elvin

# **CALENDAR OF KEY EVENTS**

Practices and Home Meets at Agoura High School

PARENT MEETING: Feb 9 – Red Oak Elementary School
FIRST PRACTICE: Feb 11 — Agoura High School
UNIFORM DISTRIBUTION: Feb 25
TIME TRIALS: March 4 — Agoura High School
MEET #1: March 11
MEET #2: March 18
MEET #3: March 25
April 1 – NO MEET (BYE)
INVITATIONAL (MEET #4): April 8 and 9 (No Gremlins)
MEET #5: April 15
MEET #6: April 22
JV FINALS: April 29
VARSITY FINALS: May 6
CO-CONFERENCE CHAMPIONSHIPS (CCC): May 13
END OF SEASON PICNIC: May 14 — 3:00pm Oak Canyon Park, Oak Park

**See Website for the entire season Calendar!**

# INTRODUCTION

Welcome new and returning athletes and their families to our over 40 years of serving youth in the Conejo Valley. For those who are new to the sport, Track & Field is a fun, rewarding and challenging experience. No knowledge of the sport is needed, only the desire to run and jump. And that is exactly what we do, and lots of it!

United Track Club stresses personal improvement by each athlete, above all. All participants are given a ribbon, no matter where they finish in their event, and a PR (personal record) pin is awarded each time an athlete shows improvement over their previous “best” in an event.

Athletes benefit from United Track’s strong tradition of dedication, hard work and uncompromising belief in every child’s need for a positive self-image.

Our club embraces the Modern Olympic Message:

***The main issue in life is not the victory, but the effort; the essential is not to have won, but to have striven well. To spread these concepts is to pave the way for more valiant humanity, stronger, and consequently more scrupulous and generous.***

## Statement of Purpose

The purpose of the United Track Club is to promote a healthy vehicle for training the youth of our community in the sport of Track & Field. The most important part of our program is the growth and enrichment of our athletes. We want our kids to have fun and to have each one accomplish his or her personal best.

We teach from the basic to the advanced skills needed for all Track & Field events. While doing so, we stress the importance of commitment – anything worthwhile demands their time and their devotion. Not only will our athletes walk away with confidence, but with knowledge and great memories.

We join with similar organizations in friendly competition under the aegis of the Southern California Youth Track and Field Conference (SCYTFC). The United Track Club is a self-supporting, non-profit organization. All coaches and other adult personnel are volunteers.

# **PARENT PARTICIPATION**

United Track club is an all-volunteer organization. To ensure that few do not have to do the work of many, parent participation is required. The success and quality of the athletes' experience depends heavily on parent participation. Experience and/or knowledge of Track & Field are not needed in most volunteer positions. Parents are asked to be available when called upon to help, particularly at home meets. Also, any parental help at practices is appreciated. Talk to the age group head coach if you want to help.

## **Parental Conduct**

As a club, bad sportsmanship is not tolerated. Although United has never had problems with the conduct of its parents, some clubs have seen parental interference get out of hand. The Conference has requested that each club publish the following statement:

“The Southern California Youth Track and Field Conference and its participating organizations, have a major goal; presentation of a Youth Track Program featuring wholesome competition in an environment beneficial to the participants. 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 and/or participating Head Coaches. All involved individuals are advised to carefully consider their words and actions – criticism, aggressiveness and intemperate behavior are all too easily generated by stress of competition – and are requested to strive to maintain a positive atmosphere in all situations.”

Please note: We are privileged to be able to use Agoura High School but, as a condition of our using their facilities, we cannot allow parents, friends or siblings on the track or infield during practices or during meets unless they are directly involved in the practice or meet (other than to pick up Gremlins). Food, gum and beverages (other than water) are not allowed on the track or infield. Dogs (or any pet) are not allowed at practices or meets.

# **COACHING STAFF**

The United coaching staff is made-up of our Head Coach, Age Group Coaches, Assistant Age Group Coaches and Specialty Coaches.

## **Head Coach**

The Head Coach maintains coaching standards and helps direct all practices and coaches. He/She is a member of the board and makes final decisions regarding practice policies and workouts. Any concerns and questions about coaching should be directed to him/her or to the club President.

## **Age Group Coaches**

Each age group has its own Head Coach, who is responsible for:

1. Organizing and running practices
2. Organizing age group at meets
3. Directing Assistant Coaches and Assisting Parents

The involvement of the parents within an age group is the key to a successful, stress-free season. Parents within the group will assist with record keeping, ribbons, group administration, etc.

## **Assistant Age Group Coaches**

In order to give our athletes the individual coaching needed, each age group has several assistant coaches, depending on the group's size. You do not need to have any prior Track & Field experience to serve as an assistant coach. Training, advice and support are available throughout the season. More volunteer help at practices ensures the head age group coach doesn't become overwhelmed and that athletes get better direction.

## **Specialty Coaches**

In order to give each athlete specialized instruction, each specialty area has specialty assistant coaches as well. These positions are very important to the progress of the athletes, as they will receive individual instruction in the event in which they most excel.

Although some knowledge and experience is needed to be a specialty coach, you do not need to be an expert. Having more than one Specialty Coach per area allows the coaches to work one-on-one more often.

# **EQUIPMENT**

## **Training Shoes**

Each athlete must have a pair of good training shoes. The shoe will need to be specifically made for running. Cross training, basketball or mid/high tops will not work and may cause injury. Check that the upper part of the shoe is mounted squarely on the shoes and not lopsided, and that there is enough padding to absorb the shock of running. Training shoes can also be used for meets.

## **Spikes**

“Spike” shoes are racing flats with spikes. Spikes may improve speed and running form, but are not required. They are optional and can be used by the Bantam age level and up. Gremlins are restricted from using spikes. There are spikes for sprints and distance. When spikes are allowed at practice, they should be treated with extra care. Spikes are only worn for that part of practice that requires them, and then removed. A non-spiked shoe must be worn to and from practice. You should wait to purchase these until you know what events your athlete will compete in. All weather tracks permit only needle spikes 3/16 inch or less.

## **Labeling of Equipment**

Please label every item with your child’s name and telephone number.

## **Local Shoe and Apparel Store**

It’s a good idea to buy from a store that can help fit and recommend the proper shoe. The following store offers a team discount on track shoes and does an excellent job helping you select the best shoes. Please let them know you are from the United Track Club.

Future Track Running Center  
(818) 991-4786  
30125 Agoura Road, Agoura Hills

## **Recommended Checklist:**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Training Shoes     | <input type="checkbox"/> Sweatshirt         | <input type="checkbox"/> Sweatpants         |
| <input type="checkbox"/> Spikes             | <input type="checkbox"/> Spike Bag          | <input type="checkbox"/> Gear Bag           |
| <input type="checkbox"/> Replacement Spikes | <input type="checkbox"/> Spike Wrench       | <input type="checkbox"/> Sunscreen          |
| <input type="checkbox"/> Coolmax Socks      | <input type="checkbox"/> Long Sleeve Shirt  | <input type="checkbox"/> Sports Bra         |
| <input type="checkbox"/> Hat/ Beanie        | <input type="checkbox"/> Compression Tights | <input type="checkbox"/> Lightweight Gloves |

## **PRACTICES**

Track means running to get our athletes into shape. Therefore, it is very important to attend all practices when possible. If you miss a practice, try to run another day on your own. We only have five weeks of conditioning and training before our first track meet. Please note that ALL of the track athletes “feel the pain” the first week or two of practice.

### **Drop-Off & Pick Up**

To reach Agoura High School, take Kanan Road (North or South) to Thousand Oaks Boulevard and turn east. You will see the track stadium at the next stop sign. You can drop off and pick-up at the corner of Thousand Oaks Boulevard or Argos Street or proceed around the school until you reach the main parking lot. Practices start and end promptly. Each child must check in and out with the coach. Please be courteous to the coaches by not being late!

**Please note: Gremlins must be picked on the field by an adult.**

### **Rain Policy**

Track is a rain or shine sport. However, parents should use their judgment as to the whether their child can handle. Severe weather conditions like lightening, heavy rain, or poor air quality might force cancellation of practice or meet. If in doubt, contact your age group head coach or the club website for cancellation information.

### **Clothing & Water**

Athletes should wear shorts (no jeans) and a loose T-shirt. Children must also bring warm-ups (sweat pant & sweatshirt) to all practices and meets. Label all clothing. Water is very important so bring a large bottle to all practices and meets. You should have your child bring a track bag to every practice and meets, which includes water, warm-ups, spikes, spike wrench, etc.

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# **TRACK ETIQUETTE**

It is important to understand and observe the following basic Track & Field etiquette:

- The entire track and field areas are for exclusive use of the athletes only during practices and meets. Parents are not allowed to “jog”, walk or stroll children. Parents and small children who are not assisting the coach can be dangerous to the athletes.
- Always be aware of what is going on around you. Look both ways before crossing the track or runways to ensure that you will not be interfering with any athlete. Whenever possible, do not cross lanes during a race.
- Do not cross through the approach area or runways of field events.
- Do not cross through the shot put area at any time.
- If the meet does not allow spectators in the infield, do not go on the track or field unless you are required to be there.
- Be alert for drills, athletes practicing and warm-ups on the field.
- If someone is on the track and in your way, yell “Track”. When you hear “Track” yelled, clear the track safely or freeze and let the runner pass.
- Do not stand on the track or curb of track at anytime. Do not run on the curb while practicing.
- Do not pace (run along side) any runner during a race. This will result in the disqualification of the person being paced.
- Do not call times in non-sprint races to participants. This is unfair to the other club’s athletes and against Conference rules. It could result in the disqualification of our runner(s).
- Show respect to all coaches by following direction when addressed.
- Clean up after yourself. If you brought it, you are responsible for its disposal.
- Do not berate competitors or interfere with officials. If you can’t say anything positive, don’t say anything at all. We will not tolerate any arguments or heated discussions in the immediate presence of our athletes. If you have a dispute, do it in the proper manner and with the proper authorities.

# **TRACK MEETS**

All Conference Meets start at 8:30 AM and run until at least 2:00 PM. The coaches' meeting will be at 8:15 a.m. Athletes should be at the meet at least 45 minutes prior to their first event. Because meets run at different speeds depending on the size and organization of the home club, it is impossible to state a definite time schedule.

## **Age Group Classifications**

All Athletes compete according to their year of birth.

<u>Group</u>	<u>Abbreviation</u>	<u>Birth Year</u>
Gremlin Girls/Boys	GG/GB	2009–2011
Bantam Girls/Boys	BG/BB	2007-2008
Midget Girls/Boys	MG/MB	2005-2006
Youth Girls/Boys	YG/YB	2003-2004
Intermediate Girls/Boys	IG/IB	2001-2002

## **Order of Events**

Running and Field Events start at 8:30 a.m. and run concurrently. Most clubs run a boys and girls long jump pit at the same time. Running events run in this order: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB. Deviations are shown to the right of the following events:

## **Order of Running Events**

3,000 Meters	(MG, MB, YG, YB, IG, IB)
100 Meters Hurdles	(IB, YB, IG, YG)
80 Meters Hurdles	(MG, MB)
400 Meters Relays (4x100)	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB)
1500 Meters	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB)
400 Meters	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB)
100 Meters	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB)
800 Meters	(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB)
200 Meters Hurdles	(YG, YB, IG, IB)

200 Meters  
1600 Meters Relays (4x400)

(GG, GB, BG, BB, MG, MB, YG, YB, IG, IB)  
(BG, BB, MG, MB, YG, YB, IG, IB)

## **Order of Field Events**

<b><u>High Jump</u></b>	<b><u>Long Jump</u></b>	<b><u>Shot Put</u></b>
BG	GG	YB
BB	GB	YG
MG	IB	IG
MB	IG	IB
YG	MG	BG
YB	MB	BB
IG	YG	MG
IB	YB	MB
	BG	
	BB	

*If you are competing in the field event and hear your running event called, continue to compete in the field event until you hear the "final call" for the running event. At that point, check out with the field event official and go to the track staging area. Complete that field event after the running event is finished. Running events take priority over field events.*

# **NUTRITION**

## **Before Exercise**

Nutrition goals before starting training sessions or competition are to prevent thirst and maximize muscles and the liver. This means drinking FLUIDS hours before training or competition and not be hungry nor have undigested FOOD in the stomach.

Nutrition plans should start hours before to make sure muscles are fueled so that they can work at intense levels for longer periods of time.

Eat carbohydrates-rich foods 2 to 3 hours before exercise. This increases the level of energy stored in the muscles and liver, which will help increase endurance. Cells in the body prefer carbohydrates for energy, and without energy the brain may not be able to focus well, the immune system may not be able to fight off colds and flu, and the muscles will not have enough energy to train or compete for long hours and at high levels.

## **During Exercise**

Nutrition goals during training or competition are to stay hydrated and maintain blood sugar to eliminate fatigue. This means staying HYDRATED and not waiting until thirst kicks in.

For the first hour of training, hydrating with WATER is all that's needed! Aim to drink water every 10 to 20 minutes during training and competition. After 60 minutes of training, muscles tend to fatigue and need refueling. Every 10 to 20 minutes, take a source of carbohydrate from either a sports drink or snack food such as fresh/dried fruit or crackers. Avoid going 3 to 4 hours without refueling on a small to a large snack such as granola bars, fruit, crackers, nuts and seed.

## **After Exercise**

Nutrition goals after training or competition are to recover from intense exercise. Recovery nutrition allows training at higher levels without risk of illness, injury or overtraining.

Intense training causes damage to the body such as tiny tears in muscles. Actually, this damage is a good thing, because recovering from it makes muscles stronger. When recovery is not permitted due to overtraining, not taking rest days, and not eating proper recovery foods, the damage can build up and lead to overuse injuries.

The best recovery happens 15 to 30 minutes after training because the muscle cells have used up their stored energy. By feeding the muscles a little carbohydrates and protein after training will maximize recovery.

No later than 2 hours after training or competition, have a balanced meal with carbohydrate in the form of grains, cereals, vegetables and fruit, and protein in the form of meat, fish, poultry, tofu, soy, beans, lentils or chickpeas.

## **Nutritional Notes:**

# **MEET PROCEDURES**

## **Athlete Instructions**

Organizing approximately 275 athletes (children) is a complicated task. Please adhere to the following:

1. At every meet, we will have a tent area for each age group (when the meet allows them). To keep from searching for athletes for events or missing events, we ask that each athlete stay close to the age group tent/area or let the coaches know where you will be at all times.
2. Every athlete should report to the coach for group warm-up at least 30 minutes prior to an event.
3. An Event Tags will be issued for each event at the beginning of the meet. Tags are worn on the jersey and have the event and the athlete's Conference ID number. No one may compete without this tag.
4. Athletes in running events must stay in their lane after the race is completed until their tag has been removed by the official lane tag puller.
5. In the majority of races, athletes are assigned a lane. Do not leave this lane, run on curb or cross the lines, or you may be disqualified.
6. Rules and regulations for the judging and running of events will be in accordance with the established and published by the Southern California Youth Track and Field Conference. (The rules are published at [www.scytfc.org](http://www.scytfc.org))

## **Uniforms**

Uniforms will be issued before the first track meet. They consist of a jersey and running shorts. Athletes are required by the Conference to wear this uniform, and athletes will not be able to compete without the uniform. Shirts must be tucked in. Undershirts are allowed and must be consistent with team colors, yellow, blue, black or white.

## **Competition**

Each age group team competes against the same age group team from opposing clubs. To ensure fair competition, athletes are grouped by time in each individual event. If an athlete does not have a time in that event they will be placed in the last heat designated with "NT" or No Time.

## **Event Sign-ups**

Athletes choose the events that they will participate in on a weekly basis. They will sign-up on line for the events by the Wednesday prior to that meet. If an athlete signs up to be part of a relay team, they must stay for that event.

### **Gremlin Events**

The Gremlins may participate in a maximum of three events. Gremlins compete in the 100m, 200m, 400m, 800m, 1500m, 4x100m Relay and the Long Jump.

### **Bantam Events**

The Bantams may participate in a maximum of four events, one of which must be a relay. Bantams compete in the 100m, 200m, 400m, 800m, 1500m, 4x100m & 4x400m Relays, High Jump, Long Jump and Shot Put.

### **Midget, Youth & Intermediate Events**

These three age groups may compete in any of the thirteen track and field events.

The maximum is four events, one of which must be a relay (except Intermediates).

## **TRACK MEET SUPPORT**

Staging a track meet is an enormous undertaking requiring the time and effort of many people. United has enjoyed a reputation for hosting some of the most smoothly run track meets within our Conference as a result of enthusiastic parental help. You will be asked to assist for a short time at a track meet. You'll find it fun to be on the field and be involved with the kids!

### **Time Trials**

This instructional mini track meet also allows us to show volunteers how to help out. We use the results as an athlete's base times for the first meet.

### **Home Meets**

Below are descriptions of the volunteer positions needed for each home meet. In order to limit the time each volunteer has to help out, we require numerous parents at each home meet who can assist while their child is participating in that event or waiting for their next event. Most positions are easily taught before the event takes place.

### **Set-Up:**

Takes place from 6:00-8:00 AM and many volunteers are needed to set-up tents

### **Staging:**

Organizes athletes for upcoming races by lane assignment.

### **Tag Pullers:**

Pull the athlete's tag from one lane after runners have crossed the finish line.

### **Long Jump, High Jump or Shot Put:**

A specialty coach will be there to run the overall event. Volunteers will assist the coach to administer the event which could include organizing athletes, raking long jump pit, monitoring the high jump bar, etc.

### **Awards:**

At championship meets, help organize and present ribbons or medals

### **Relay Zone Judges:**

Judge lane exchange fouls for 4x100 and 4x400 relay races.

### **Data Entry:**

Helps input necessary data for club and athletes.

### **Tear-Down:**

Takes place at the end of the meet, typically from 2:00-3:00 PM. Many volunteers are needed to take down tents, staging and field events equipment, hurdles, and to clean up trash.

### **Away Meets**

Volunteers would be responsible for the following areas at away meets:

- Boy's or Girl's Long Jump
- High Jump or Shot Put

### **Administrative Support**

- **Age Group Volunteer Coordinator:**

Each age group will have at least one person who is responsible for:

- ✓ Organizing the parent volunteers of this age group
- ✓ Organizing home track meet support for the group
- ✓ Assisting Age Group Coach with calls, meet check-in, etc

- **Age Group Ribbons:**

Applies labels to ribbons weekly and distributes to athletes per age group.

- **Age Group Athlete Marks:**

Log results of meets on individual record sheets for each athlete by age group. Give list of Personal Record's to ribbon parent volunteer. Update coaches on individuals' status for the Rafer Johnson Award.

### **Athlete Ribbons**

Ribbons will be awarded to all participating athletes. Ribbons will be issued on the first practice following the meet.

In sprints, place ribbons will be awarded for 1st through 8th finishers per heat. A "heat" is the division of an event into groups according to their times and amount of lanes. However, sprints at the Invitational and Finals have place ribbons for only the overall best 9 in all heats, and all others receive participant ribbons.

## **LEAGUE QUALIFYING STANDARDS**

In order to compete in the Varsity Finals at the end of the season, athletes will need to meet or exceed certain pre-determined standards in each event. These qualifying marks are set by the conference, and are intended to set a level of excellence for athletes to strive for during the season. With some exceptions, athletes who do not achieve the qualifying standards will participate in the Junior Varsity Finals. If you have any questions, please ask your coach.

### **Junior Varsity, Varsity and Co-Conference Championships**

All meets are dual meets (a home and visiting clubs) with the exception of the Invitational and the Finals, which include all conference clubs as well as those from our neighboring Ventura Youth Track and Field Conference (VCYTC).

At the end of the regular season, there are separate meets for the "qualifying athletes" and for "non-qualifying athletes". To qualify, an athlete must have met a Conference "qualifying standard" for any event (listed in this handbook). Both meets are championship meets and are treated as such.

### **Junior Varsity Finals**

All athletes who did not meet the qualifying standards and participated in at least half of our meets are eligible to participate in the Junior Varsity Finals only.

### **Varsity Finals**

All athletes who met the qualifying standards and participated in at least half of our meets are eligible to participate in Varsity Finals only. If an athlete has met

a standard in any event, they must go to the Varsity Finals, and cannot choose to compete in the Junior Varsity Finals.

### **Co-Conference Championships**

The Co-Conference Championships is a championship meet between the SCYTFC and the VCYTC. For each event, the top four finishers in each age group from each conference, plus the next best overall mark, compete. In Distance races, the top 12 times advance. This is the final meet of the year for the conference.

## **PICNIC AND POSTSEASON**

### **United Track Club Picnic – Oak Canyon Park**

The United end of season awards picnic is held at Oak Canyon Park, which is located at 5600 Hollytree Dr., Oak Park. The party is held in the pavilion. It is a wonderful picnic atmosphere where every United Track member will receive a trophy, and additional awards will be presented. All family members are welcome bring a blanket or beach chair to sit on.

### **Southern California Comets**

This is the conference post-season team. All Conference teams come together for this team. See your coach for further details.

### **Junior Olympics**

Our league participates in post-season events. These events are run through the AAU or USATF organizations nationally. Both organizations hold National Junior Olympic Events in June or July. Participation is optional, and some of our athletes compete and they place yearly in these competitions. Please contact the Head Coach for further information.

### **United Cross Country**

United also has a cross-country team. The cross-country season runs from August through November. It is a smaller group of athletes that have the pleasure of running our local trails for practices. For more information, please visit the cross-country section on our website.

# **TEAM AWARDS**

## **John & Carolyn Knight Award**

This award was initiated as a means of re-affirming the characteristics we hope can be developed in a youth sports program. This award goes to the athlete of our club who most demonstrates enthusiasm, consideration for others, dependability, responsibility and supports peers, coaches and the club. The recipient has shown a willingness to learn and implement the fundamentals of track and field, and exemplifies the “spirit” of our club over more than one season. The honoree’s name is engraved on a large memorial plaque, which is kept at Future Track, in Agoura. For a list of past recipients visit the website.

## **The Coach’s Award**

This award is given to an athlete from each age division of boys and girls who always applies himself/herself, listens, cooperates, attends practices, helps their teammates and is just an overall terrific athlete to have on the team. A list of past recipients is on the website.

## **The Rafer Johnson Award**

This award, named after one of the greatest U.S. decathletes of all time, is given to any athlete that participates in every event available in their age bracket during the course of the track meet season. Gremlins and Bantams are encouraged to work toward this award, in particular, so that they will be exposed to all events.

# **UNITED TRACK RECORDS**

United Track Club records are recognized when a mark is equaled or bettered in a running or field event during an officially sanctioned conference meet.

Additionally, club records will be recognized if established during the USATF or AAU Junior Olympics, or the sectional or regional qualifiers for those Junior Olympics. Records in running events will only be recognized if *Fully Automated Timing* was employed.

Conference records can only be established at conference championship meets.

*(\* Indicates hand timed record converted to an automated timing equivalent.)*

# **VENUES**

## **Agoura High School:**

28545 W. Driver Ave  
Agoura Hills, CA 91301

## **Calabasas Cheetahs (CAL):**

Calabasas High School  
22855 Mulholland Highway, Calabasas, CA 91302

## **CTC Hawks (CTC):**

Canyon High School  
19300 Nadal Street, Santa Clarita, CA 91351

## **Chatsworth Chiefs (CC)**

Chatsworth High School  
10027 Lurline Ave, Chatsworth, CA 91311

## **Oak Canyon Park:**

5600 Hollytree Drive  
Oak Park, CA 91377

## **Santa Clarita Valley Athletic Association (SCVAA) Warrior:**

College of the Canyons  
26455 Rockwell Canyon Road, Santa Clarita, CA 91351

## **Simi Valley Running Rebels (SVRR):**

Royal High School  
1402 Royal Ave, Simi Valley, CA 93065

# NOTES

# LEAGUE QUALIFYING STANDARDS

## BOYS VARSITY STANDARDS

Event	GB	BB	MB	YB	IB
100	16.70	15.00	14.00	12.50	12.50
200	36.60	31.60	29.40	26.20	26.20
400	1:25	1:12.7	1:07.7	59.30	59.30
800	3:20	2:54	2:39	2:24	2:24
1500	6:30	5:49	5:25	4:56	4:56
3000	N/A	N/A	11:32	10:55	11:29
80 H	N/A	N/A	15.20	N/A	N/A
100 H	N/A	N/A	N/A	17.60	17.60
HJ	N/A	3-09.00	4-05.00	5-00.00	5-00.00
LJ	9-08.00	12-01.00	13-11.00	15-11.00	15-11.00
SP	N/A	20'6	27'0	29'0	29'0

## GIRLS VARSITY STANDARDS

Event	GG	BG	MG	YG	IG
100	17.20	15.40	14.20	13.60	13.60
200	38.00	33.00	30.00	28.10	29.80
400	1:28.00	1:15.00	1:10.00	1:04.50	1:07.00
800	3:30.00	3:03.00	2:51.00	2:39.00	2:49.00
1500	7:09.00	6:13.00	5:50.00	5:31.00	6:15.00
3000	N/A	N/A	12:51.00	12:13.00	13:41.00
80 H	N/A	N/A	16.90	N/A	N/A
100 H	N/A	N/A	N/A	18.90	20.90
HJ	N/A	3-07.00	4-01.00	4-04.00	4-01.00
LJ	9-01.00	10-11.00	12-10.00	14-01.00	13-09.00
SP	N/A	16'0	21'0	26'6	21'6



