



Falcons

The Los Angeles Falcons

**INFORMATION
BOOKLET
2013**

**Los Angeles Falcons Track and Field
Information Booklet
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Revised 3/13

“READ ME”—Summary of Important Information

Registration

Registration includes fee, Player Contract, Medical Clearance, Code of Conduct, copy of Birth Certificate, 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 \$140 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 facility cost and new or replacement equipment. There will be several fundraising projects during the season. (Picture day, Concessions, Baja Fresh, T-shirts, team apparel, Pizza Night, Car wash, 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 Feb 22: 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 Mar 16: M, 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 may 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 and some 4 |
| Bantams: | Ages 8-9 |
| Midgets: | Ages 10-11 |
| Youth: | Ages 12-13 |
| Intermediates: | Ages 14-15 |
| Young W & M | Ages 16-18 |

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

| | | |
|--------------------|--|--------------|
| Open | Commissioner | |
| Armen Najarian | Emeritus Commissioner | 818-648-8000 |
| Pablo Carlos | General Manager / Athletic Director | 818-541-0355 |
| Tony Morris | Treasurer | 818-840-9438 |
| Kenneth Dickinson | Secretary / Assistant GM | 213-216-7432 |
| Open | Director of Registrar | |
| Rebecca FitzGerlad | Director of Communications | 323-833-9513 |
| Peggy Morris | Director of Merchandizing, Fund Raisers, Awards | 818-840-9438 |
| Rebecca FitzGerald | Director of Social Networks | 323-833-9513 |
| Open | Director of Parent Volunteers | |

Coaches

| | | |
|-----------------------|------------------------------------|-------------------|
| Pablo Carlos | Athletic Director – Head Coach | 818-541-0355 |
| Joshua Carlos | Coach – Youth / Shot Put, Distance | Contact via Email |
| Ben Neil | Coach – Youth / Sprints | Contact via Email |
| Jim Couch | Coach – Youth / High Jump, Hurdles | Contact via Email |
| Michael McLaughlin Jr | Assistant Coach – Youth | None |
| Sarah Lapides | Assistant Coach – Youth | None |
| Bob Meeker | Coach – Midgets / Sprints, LJ | Contact via Email |
| Michael McLaughlin | Coach – Midgets / Sprint | Contact via Email |
| Rebecca Fitzgerald | Coach – Midgets / Distance | Contact via Email |
| Eugene Melnyk | Coach – Midgets / Distance | Contact via Email |
| Kyle Dickinson | Assistant Coach – Midgets | None |
| Leo Vilchis-Zarate | Assistant Coach – Midgets | None |
| Silas FitzGerald | Assistant Coach – Midgets | None |
| Rameon Witt | Coach – Bantams / LJ | Contact via Email |
| Sydney Redd | Assistant Coach - Bantams | None |
| Kyle D'Ambrosio | Assistant Coach - Bantams | None |
| Ken Dickinson | Coach – Gremlins | Contact via Email |
| Marc Leufroy | Coach – Gremlins | Contact via Email |
| Fred Mirzaian | Coach – Gremlins | Contact via Email |
| Tony Morris | Coach – Gremlins | Contact via Email |
| Natalie Smith | Assistant Coach - Gremlins | None |
| Leana Setian | Assisitant Coach – Distance | None |
| James Maturan | Assisitant Coach – Sprints | None |

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 |

Rain on Meet Days Hotline:

email: carlosfamily@earthlink.net or website www.falconstrack.com

Revised 3.1.13

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 L.A. 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 |
| HWC | Hawks Track Club North Hollywood High School |
| HDH | High Desert Heat Antelope High School |
| SCTC | Santa Clarita Track Club Valencia High School |
| TT | Thimsha Tigers Alamany High School |
| SVS | Simi Valley Spartans Simi Valley High School |
| SFVR | San Fernando Valley Rush Pierce College |

EASTERN LEAGUE

| | |
|-----------|---|
| NP | Northridge Pacers Granada High School |
| AV | Antelope Valley Track Club Palmdale Pete Knight High School |
| WV | West Valley Eagles Taft High School |
| NV | North Valley Golden Bears Sylmar High School |
| VR | Valley Raiders Birmingham High School |
| PB | Palmdale Bullets Palmdale 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.

2014 Fees and Fund-raising

- \$140 Regular annual registration fee per athlete
Adjusted fee per child for families with multiple athletes (see fee schedule on checklist)
- \$140 Returning athletes that will reuse last years warm ups
- \$140 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 General Manager.

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 brief 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 pyramid or needle spikes are used for tartan and other artificial surfaces. Pyramid spikes are mostly used on 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. The team will post on our website a list of spikes needed at all track facilities.

Age Divisions

| | |
|----------------|---------------------|
| Gremlins: | Ages 5-7 and some 4 |
| Bantams: | Ages 8-9 |
| Midgets: | Ages 10-11 |
| Youth: | Ages 12-13 |
| Intermediates: | Ages 14-15 |
| Young W & M | Ages 16-18 |

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 **2/3 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, stretching, and dynamics so be on time. Athletes should wear shorts (well above the knee), loose T-shirt or tank top, and running shoes or spikes. Please bring water to all practices and meets. At CV High water is the only liquid permitted. All schools will only allow water on tartan tracks. NO GATORADE.

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.. Visit our website calendar to obtain all the important dates for the season.

Rainy Day Practice and Meets

If it is not raining at practice time, we will have practice. We run on a tartan track that drains well. They are design for all weather. On threatening days please stay with your child a few minutes to be sure practice will be held. The team will post and email parents if rain falls 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 work 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 the head coach and division 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 |
| Young | W/M |

| Long Jump | |
|----------------------|-----|
| Gremlin | G/B |
| Intermediate / Young | B/G |
| Midget | G/B |
| Youth | G/B |
| Bantam | G/B |

| Shotput | |
|----------------------|-----|
| Youth | B/G |
| Intermediate / Young | 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.)

2013 Falcons Track & Field Meet Schedule

Regular Season Meets

| | | |
|--|---------------------------|-----------------------|
| <i>LAF</i> vs. LAF Practice Meet @ <i>CV High</i> * | Sat., Mar 16 | 8:00 a.m. – 1:00 p.m. |
| <i>LAF</i> vs. HTC, PB @ <i>Crescenta Valley High</i> * | Sat., Mar 23 | 8:00 a.m. – 2:00 p.m. |
| <i>LAF</i> vs. HDH, SVS @ <i>Crescenta Valley High</i> * | Sat., Mar 30 | 8:00 a.m. – 2:00 p.m. |
| <i>LAF</i> vs. NVGB @ <i>Crescenta Valley High</i> * | Sat., April 6 | 8:00 a.m. – 2:00 p.m. |
| SVS vs. LAF, NP @ Simi Valley HS * | Sat., April 13 | 8:00 a.m. – 2:00 p.m. |
| VYC Invitational (host) @ Pete Knight HS* | Sat. & Sun., Apr.20 - 21, | Sched.TBA |
| VR vs. LAF, HTC @ Birmingham High * | Sat., April 27 | 8:00 a.m. – 2:00 p.m. |

Open Championships

| | | |
|------------------------|-------------|-----------------------|
| Valencia High School * | Sat., May 4 | 8:00 a.m. – 3:30 p.m. |
|------------------------|-------------|-----------------------|

Eastern League Championships

| | | |
|------------------------|--------------|-----------------------|
| Valencia High School * | Sun., May 11 | 8:00 a.m. – 3:30 p.m. |
|------------------------|--------------|-----------------------|

Individual Events Championships (VYC)

| | | |
|------------------------------|--------------|-----------------------|
| Santa Barbara City College * | Sat., May 18 | 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 May with Falcons. Interested athletes should speak with Coach Carlos or via email carlosfamily@earthlink.net

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

Directions are in the parent handbook and website www.falconstrack.com

Q U A L I F Y I N G S T A N D A R D S

| 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 |
| 15.75 | 14.77 | 14.2 | 13.6 | 100 | 13.6 | 12.6 | 14.6 | 13.3 |
| 33.4 | 30.65 | 29.85 | 28.7 | 200 | 28.30 | 26.0 | 30.8 | 27.8 |
| 1:17.55 | 1:12.0 | 1:09.25 | 1:04.75 | 400 | 1:06.2 | 58.8 | 1:13.8 | 1:02.2 |
| 3:05.0 | 2:52.0 | 2:52.8 | 2:38.4 | 800 | 2:39.35 | 2:25.7 | 3:12.0 | 2:45.0 |
| 6:19.3 | 5:48.0 | 5:44.4 | 5:22.0 | 1500 | 5:33.5 | 4:56.2 | 6:29.0 | 5:15.0 |
| XX | XX | 13:53.75 | 11:30.0 | 3000 | 14:00.0 | 11:12.0 | 13:40.0 | 13:20.0 |
| XX | XX | 16.70 | 15.0 | HDL | 19.6 | 18.40 | 21.0 | 19.7 |

FIELD EVENTS (Emperial)

| BG | BB | MG | MB | EVT | YG | YB | IG | IB |
|---------|--------|--------|--------|-----------|--------|---------|---------|--------|
| 3' 4" | 3' 8" | 4' 1" | 4' 4" | HJ | 3' 10" | 5' 0" | 4' 2" | 4' 8" |
| 10'9.5" | 11' 6" | 12' 3" | 13' 1" | LJ | 14' 1" | 15' 11" | 11' 11" | 14' 7" |
| 16'6" | 20' 0" | 21' 6" | 27' 0" | SP | 25' 2" | 30' 6" | 21' 1" | 26' 3" |

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 |