

CALIFORNIA INDOOR MEET STATE QUALIFIER & ALL COMERS



MT CARMEL HIGH SCHOOL

9550 CARMEL MT. RD, SAN DIEGO, 92129

ON MT. CARMEL'S HIGH SCHOOL'S ALL WEATHER TRACK

3/16" NEEDLE SPIKES OR LESS ARE REQUIRED

(MUST BE HIGH SCHOOL ATHLETE TO QUALIFY FOR INDOOR MEET)

DATE: Saturday, February 2nd

COST: \$10.00 unlimited entry for athletes (\$5 for spectators, Children 4 & under free)

SCHEDULE OF EVENTS

TIME SCHEDULE IS ROLLING BASED ON THE NUMBER OF ATHLETES
IN EACH EVENT AND WILL PROGRESS AHEAD OF SCHEDULE IF POSSIBLE

California State Indoor qualifying heats will be run 1st, with open heats to follow in each event.

Running Events Start at Noon – Females Race First, Males Race Second

4x200 Relay
800m
55m High Hurdles
55m Prelims
Mile
550m
300 or 200 (TBA)
4x800 Relay
55m High Hurdles Final
55m Final
2 Mile
4 x 400m

SEE WAIVER ON THE LAST PAGE OF THIS DOCUMENT... MUST HAVE TO COMPETE

Field Events Start at Noon

Long Jump – Combined Pit
High Jump – Ladies First. Males Second

Shot – Combined Pit
Pole Vault – Ladies First. Males Second
Triple Jump – To Follow Long Jump with Same Format
Discus - To Follow Shot with Same Format

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REGISTRATION: Meet registration will take place between 10 am to 11am. Events will start promptly at noon. For further information contact Meet Director Dennis McClanahan at mtcarmeltrack@yahoo.com

PARKING: Parking is available in the stadium parking lot.

WEATHER: MEET WILL RUN RAIN OR SHINE!

QUALIFYING FORMAT:

*The top three (3) overall placers in each running event and each relay event at each qualifying meet and the top two (2) overall placers in all field events will be invited to compete in the California Indoor State HS Invitational on February 18th.

*There also will be a performance standard for each event for the athletes who do not qualify for the meet by place. This standard will be published before the meet on DyeStatCal.com.

*All athletes wishing to compete in the California State HS Invitational must sign up on the day of the qualifying meets in 2013 and pay the entry fee at that time. The cost of entering the CA. Indoor State HS Invitational is \$25.

*There will be a sign-up table at all 9 regional meets to sign-up athletes who would like to compete in the February 18th meet. All athletes must sign-up on February 2nd at the qualifier. There will be no late entry for the February 18th meet!

*Athletes will be asked to supply their own implements at both the qualifying meet and Indoor State Meet.

*The top three overall placers in each event at the February 18th State Meet will receive an award.

Mt. Carmel All-Comers & Indoor Qualifier

WAIVER OF LIABILITY

THIS IS AN IMPORTANT LEGAL DOCUMENT. READ CAREFULLY BEFORE SIGNING.

In consideration of acceptance of my entry into the Mt. Carmel All Comers, I, for myself, my heirs, my executors, my administrators, my trustees, and any and all successors in interest, fully and forever waive and release any and all rights and claims for any injuries and damages, including but not limited to demands or actions for negligence, premises liability, emotional injury, intentional conduct, resulting in unintended injury or damage tort claims, any other actions or demands of whatsoever nature, to the fullest extent permitted by law, I may have against (1) Mt. Carmel All Comers; (2) Mt. Carmel High (3) Poway Unified School District , and (4) all sponsors of the Mt. Carmel All Comers and (5) all employees, principals, directors, members, managers, affiliates, volunteers, officials, and representatives acting for or on behalf of any of these entities.

I acknowledge that I am aware of the inherent risks involved in the event, and I voluntarily assume these risks. I attest and verify that I am physically fit and I have sufficiently trained for the competition in the Mt. Carmel All Comers, and that a medical doctor has verified my physical condition.

As a condition of my participation in this Event, I hereby grant Mt. Carmel All Comers a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, or the sport of Athletics. The foregoing grant, however, does not constitute consent to use my Likeness in an endorsement of any product or service without my specific written consent.

The Mt. Carmel All Comers reserves the right to reject my entry and further reserves the right to change the details of the event without prior notice. I understand that my entry fee is non-refundable.

EMERGENCY CONTACT: Name and telephone number

I am at least 18-years of age, in good physical condition and have read and understood the above.

X _____
Signature Date

I am under 18 years of age. My parent or legal guardian has read and understood the above and is signing below. He/She consents to my participation in the event under the terms hereof.

X _____
Signature of Parent or Guardian Date