

2025 Triton Invitational Track & Field Meet

In Partnership with



Saturday March 15th – 7:45 AM

Contact Information: Dan Johnson - Meet Director

Cell - (949) 632-5302 E-Mail – drjohnson@capousd.org

Meet Registration: Online at ca.milesplit.com. Coaches will be able to enter athletes until 10 pm on Sunday, March 9th 2025.

Scratches: Please notify us immediately of any scratches by e-mail at drjohnson@capousd.org. This will help ensure a full field for each event, and make for a better meet.

Facilities: Our synthetic surfaces require the use of 3/16" or 7mm needle or pyramid spikes. **Only 3/16" or 7mm needle or pyramid spikes will be allowed in the stadium.** Spikes will be checked at the athlete's gate and again at the starting line. If needed, spikes will be sold near the athlete's gate. **The track infield area is also a synthetic surface, therefore absolutely no food, gum or sport drinks will be allowed on to the track or infield area.**

Athletes Admission: Athletes will be admitted only through the athlete's check in gate. Athletes must be wearing their uniform, and have their spikes ready to be checked before they will be admitted.

Starting Heights: Starting heights will be determined after the fields for the high jump and pole vault have been seeded. In the other jumping events and the throwing events, the fields will be broken down into flights. The athletes in the Invitational flight will rotate in taking three trials each. Seven athletes will qualify for the finals. Following the same routine, each athlete who qualifies shall have three more trials in the finals, in reverse order of their trials performance. In the Frosh / Soph field events, four trials will be given.

Alley Starts: The 800's, 1600's, 3200's and Distance Medley Relays will use a one turn staggered start with 3-4 athletes in a three lane box. As will be explained by the starter, athletes may break for the pole at the beginning of the backstretch.

Batons: Relay teams must bring their own batons. We will have some available if you forget them.

Dressing Facilities: Athletes should come dressed to compete. Restrooms will be available.

Coach's Envelopes: Coaches can pick up team envelopes at the credentials area located near the athlete's gate. **Team envelopes will be available from 6:30am until 2:30pm.** The envelope will contain your passes and a program. Athletes will be admitted only at the Athlete's gate. Only the number of athletes listed on your entries will be admitted. All others must enter through the general admission gate. **Please check your program as soon as possible to confirm that all entries are correct.**

Participants: Warm-up areas will be on the grass fields immediately east and north of the stadium. **Only athletes who have been escorted from the clerking area will be allowed to warm up on the infield of the track.** Team canopies will be allowed in the top row of the stadium bleachers and around the perimeter of the warm-up areas.

Alternates: If you have an athlete or relay team listed as an alternate they need to report to the “Alternate Holding Area” next to the clerk of the course before the third call ten minutes prior to the start of an event. **The clerk will not call for alternates over the PA system, so please make sure your alternate athletes have reported to the clerk or they will be passed over.**

Clerk of the Course: Athletes are responsible for checking in with the Clerk of the Course by the last call for their event. Athletes who do not check in on time will be replaced by an alternate. Please make sure your athletes and coaches are listening for event calls from the clerk. Pole Vault, Shot Put and Discus athletes should report to the officials at their respective events to check in for competition. Athletes competing in the jumping events will be required to check in at their event and receive a wrist band in order to remain in the infield jumping areas. Field event athletes who are in running events must check in with the Clerk of the Course and be escorted to the staging area.

Call Schedule: First call - 20 minutes prior to event, Second call - 15 minutes prior to event, Third call - 10 minutes prior to event (alternates will be added to race if athletes have not reported at this third and final call). Clerk / Race information will be posted on the main scoreboard during the meet.

RUNNING SPIKES WILL BE CHECKED AGAIN AT THE CLERK OF THE COURSE.

Awards: There will be no team scoring or team trophies. Medals will be awarded to places 1-3 in each heat / flight for every event. Nike Gear bags will be awarded to Invitational heat winners (Not relays).

Passes: Only official CIF passes and working press passes will be honored at the gate.

Official Programs: Meet schedule and seeding will be available to the public online. Coach’s packet will contain a hardcopy of the program.

Invitational T-Shirts: Will be sold at the concession booth near the snack bar.

Entry Fees: Please remember that all entry fees must be paid prior to the meet or when you pick up your team packet at the credentials desk. School or Head Coach’s personal checks will be accepted at the meet. Receipts will be issued. **Invitational Fees:** \$10.00 per event; \$30.00 per relay team; \$400.00 boys / \$400.00 girls team maximum fee cap. \$10.00 to add athletes on meet day. **Teams paying the maximum will not be charged for late adds on meet day.**

**NOTE: Please make checks for entry fees payable to
Triton Booster Club - Track & Field**