



**Thousand Oaks High School  
proudly presents the  
2020 TO Invitational Season Opener  
Saturday, February 22<sup>nd</sup>, 2020**

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**Open the 2020 Outdoor Track and Field season with a bang!  
Join hundreds of athletes at the Conejo Valley's premier Track and  
Field Invitational on our 9 lane all-weather track. Invitational, Open  
and Rising Star (Frosh/Soph) divisions. Backpacks for Invitational  
and Varsity winners! Medals to top finishers! Times & marks are  
accepted by Arcadia Invitational and Mt. SAC Relays.**

**GENERAL INFORMATION**

Entry Deadline: Online - **Thursday, February 20th**. Individual athletes can register up to race day.  
General Admission: **\$5.00**  
Team Entry Fee: Boys **\$250** (covers both FR/SO & Varsity), Girls **\$250** (covers both FR/SO & Var)  
Individual Entry Fee: **\$20** per athlete or **\$40** per relay team.  
Checks payable to: Thousand Oaks High School Track & Field (or pay online)  
Spikes: 3/16 pyramid (will be available for sale, 12 for \$4)  
Shot and Discus: will be digitally weighed & measured  
Divisions: FR/SO & Varsity Boys; FR/SO & Varsity Girls.  
Gates open at **7:30 am**. Meet Start **9:00 am**  
Athlete check-in: At the main entrance of the track.  
Weigh-in of throwing implements: **8:00 am**  
Coach's meeting: **8:45** by the timing tent.

**LOCATION**

Thousand Oaks High School is located at 2323 N Moorpark Rd, Thousand Oaks, CA 91360. Parking can be found in lots along Avenida de Las Flores and Moorpark Rd. The track entrance is located on the Avenida de Las Flores side of the school.

**BUSES**

Athletes can be dropped off at the Avenida De Las Flores Street entrance, but buses will park in the Baseball parking lot on the north side of the school.

## **MEET PROGRAM**

The meet program that will be posted on Thursday, February 20th to <https://tohstrackandfield.com/to-invitational>. We will not provide teams with programs at the meet, so please copy this off for you and your team.

## **TIME SCHEDULE**

Please make sure your athletes report on time. We are running a tight schedule AND WE WILL RUN AHEAD OF SCHEDULE WHEN WE CAN! Athletes need to check in to the clerk no later than 45 minutes before their scheduled start time. The clerk of the course will be on the infield near the main entrance. Failure to check in 15 minutes before race/event time will forfeit your spot and allow an alternate to take that place.

The time schedule is approximate, but we do make every effort to stay on schedule, and we usually are right on schedule throughout the day. WE WILL RUN AHEAD OF THE POSTED TIMES WHENEVER WE CAN. Keep your eye on the races being run to tell your athletes whether we are ahead or behind of the posted time schedule. We will announce as often as possible where we are in the time schedule.

## **REGISTRATION**

Processed through Athletic.net at <https://www.athletic.net/TrackAndField/meet/386306/register>  
All marks can be used from last year's meets. If you have any questions, please contact the meet director.

## **RESULTS**

Stivers timing will be used for the meet. We will post a copy of each result on the finish results board behind the press box. Complete results of every finisher in every heat will be posted at <http://www.thestivers.net/liveresults/>

## **FACILITY:**

The nine-lane synthetic track and field facilities are state-of-the-art. A large adjacent grass warm up field is available as well. NO FOOD OR DRINK WILL BE ALLOWED ON THE TRACK OR WARM UP FIELD AREAS.

## **AWARDS:**

Awards will be given directly to the athletes immediately following each event.

## **WARM-UP AREA AND TENT SET UP:**

Warm-ups will be on the adjacent practice field. No warm-ups on the infield. Tents will be allowed anywhere in the stands and the adjacent warm-up field. Please do not set up tents on the infield.

## **FIELD EVENT PROTOCOLS:**

*Shot & Discus* - All VARSITY shots and discus must be inspected and certified prior to competition. No exceptions. THIS APPLIES TO VARSITY COMPETITION ONLY. FR/SO COMPETITORS DO NOT NEED TO WEIGH IN THEIR IMPLEMENTS. Weigh in for VARSITY ONLY implements begins at 8:00am near the athlete check in. For all throwers 3 attempts no finals.

*Pole Vault* - Opening Heights: Boys Varsity = 12'0", Girls Varsity = 9'0", FR/SO = 9'0", Girls FR/SO = 7'0". Bar will be raised 9" increments until 12 athletes are left in a division, after which the bar will be raised 6" increments. Five Alive Format will be used when necessary. 3 attempts per height. Once the pit is declared ready the following time requirements will be in place: 3 or more one minute, 2 or 3 two minutes, 1 three minutes.

## **CONCESSIONS:**

We will have a full concession stand serving cheeseburgers, hot dogs and pizza plus much, much more! Please note – No outside food will be allowed to be brought into the stadium.

## **MEET DIRECTOR:**

Rand Yudelevitch – [tocoachry@gmail.com](mailto:tocoachry@gmail.com)

**ORDER OF EVENTS:**

	<b>Track Event</b>	<b>Order</b>	<b>Field Event</b>	<b>Order</b>
1.	1600m	Girls FR/SO Boys FR/SO	Pole Vault	Girls Varsity (9:00) Boys Varsity (to follow) Girls FR/SO (to follow) Boys FR/SO (to follow)
2.	4x100 relay	Girls FR/SO Boys FR/SO Girls Varsity Boys Varsity	High Jump	Pit #1 - Girls FR/SO (9:00) Pit #2 - Boys FR/SO (9:00) Pit #1 - Girls Varsity (12:00) Pit #2 - Boys Varsity (12:00)
3.	1600m	Girls Varsity Invitational Mile Boys Varsity Invitational Mile	Discus	Pit #1 - Girls Varsity (9:00) Pit #2 - Boys Varsity (10:30) Pit #1 - Girls FR/SO (~1:00) Pit #2 - Boys FR/SO (~2:30)
4.	100mH	Girls FR/SO (30") Girls Varsity (33")	Shot Put	Pit #1 - Girls FR/SO (10:00) Pit #2 - Boys FR/SO (10:00) Pit #1 - Girls Varsity (~1:00) Pit #2 - Boys Varsity (~1:00)
5.	110mH	Boys FR/SO (36")	Long Jump	Pit #1 - Girls FR/SO (9:00) Pit #2 - Boys FR/SO (9:00) Pit #1 - Girls Varsity (~11:00) Pit #2 - Boys Varsity (~11:00)
6.	110mH	Boys Varsity (39")	Triple Jump	Pit #1 - Girls FR/SO (1:30) Pit #2 - Boys FR/SO (1:30) Pit #1 - Girls Varsity (~3:00) Pit #2 - Boys Varsity (~3:00)
7.	SMR	Girls FR/SO Boys FR/SO Girls Varsity Boys Varsity		
8.	DMR	Girls Open Boys Open		
9.	400m	Girls FR/SO Boys FR/SO Girls Varsity Boys Varsity		
10.	100m	Girls FR/SO Boys FR/SO Girls Varsity Boys Varsity		
11.	4x800	Girls Open Boys Open		
12.	300mh	Girls FR/SO (30") Girls Varsity (30")		
13.	300mh	Boys FR/SO (36") Boys Varsity (36")		
14.	4x200	Girls Open Boys Open		
15.	Throwers Relay 4x100	Girls Open Boys Open		
16.	4x400m relay	Girls FR/SO Boys FR/SO Girls Varsity Boys Varsity		
**FR/SO Division = Freshmen and Sophomores only. ** Open Events: All divisions eligible				