



30th Annual Covina Invitational



Dear Coach:

On behalf of Covina High School, I would like to invite you and your team to become a part of the 30th Annual Covina Invitational. The date of this year's Covina Invite is **Saturday, April 1st at Covina District Stadium (200 W. Puente St. Covina, CA 91723)**. Our sanctioned meet will be running a CIF order of events schedule beginning at 8:30am.

Date/Time: Saturday, April 1st 2023– 8:30am start

Divisions: Boys Varsity, Girls Varsity, Boys F/S, & Girls F/S

Awards: Covina Invitational Medals will be given to the top three overall places in each relay and individual event. Every other heat and flight will medal the winner only. There will also be team championship trophies for 1st-3rd place.

Fees: \$150 per team in each division or \$500 for all four divisions. Smaller schools with individual entries may enter at \$15 per athlete entered

Entry: Athletes will be seeded according to submitted times and marks through the Internet on <https://ca.milesplit.com/> Three athletes in each sprinting event, three athletes in field events, and three entries in distance events (800,1600, 3200). **Entries will be due by Wednesday, March 29th at 11:59pm.**

Please confirm your intent to participate by sending the contract below. Our track meet does fill soon so please do this early to guarantee entry. If there are any questions, please feel free to email me or text my cell.

Thank you,

Kevin Glaspy

Kevin Glaspy, Meet Director

Covina Invitational – CALL OR TEXT QUESTIONS 626 824-0852

kglaspy@c-vusd.org

Covina High School

463 S. Hollenbeck, Covina CA 91723

www.covinatrack.com

Revised 11/18/22

COVINA INVITATIONAL

Covina District Stadium 200 W. Puente Ave. Covina 91723

Meet Information

- Bus Drop off and Parking- Bus drop off will be in the east side lane next to the stadium. Bus parking will be at Covina High School (463 S. Hollenbeck Covina) ¼ mile away.
- Implement weigh in will be at the shot and discus ring prior to each event.
- Warmups- The warm up area is located in the infield. Non-competing athletes will not be allowed to set up in the infield area. Coaches and parents will be asked to not congregate in the infield.
- Clerk of the Course – The clerk of the course is located in the infield. Athletes must check in 30 minutes prior to their event or they will be scratched.
- Scoring – Team scoring is 10-8-6-4-2-1 for all levels and events. Times/marks for the following heats/flights can score if they are in the top six places overall.
- Coaches/Weightman’s Relay – Only athletes competing in a throwing event are allowed to participate in this event. Coaches willing to risk embarrassment are also allowed to compete. This event is non-scoring and non-medaling.
- Medals – Top three places in all invitational heats and flights (1st heat/flight is invitational). Only heat and flight winners after 1st heat/flight. Top three places in ALL distance races will medal (800,1600, 3200). Medals will be distributed at each field event and after each race.
- Team Packets – Team packets can be picked up at the finish line upon your arrival. Payment must be made prior to competition. Checks are payable to Covina High Track.
- Spikes – Please make sure all track athletes have 3/16” spikes or less. Spikes will be checked and sold at the entrance of the stadium.
- Starting heights will be determined prior to the start of the event based on the entries and marks received.
- Attempts - Disc & Shot 3 attempts and top 9 in varsity only FINALS, Long and Triple Jump 3 total attempts

***time schedule subject to change based on entries received**

30th Annual Covina Invitational - Schedule of Events (tentative)

Track Events			Field Events		
8:30	GFS	4x100	Shot Put	BV	8:30
8:40	BFS	4x100		GV	11:00
8:50	GV	4x100		BFS	1:30
9:00	BV	4x100		GFS	4:00
9:10	GFS	1600m	Discus	BFS	8:30
9:20	BFS	1600m		GFS	11:00
9:35	GV	1600m		BV	1:30
9:50	BV	1600m		GV	4:00
10:15	BFS	110HH	Pole Vault	GFS	8:30
10:25	BV	110HH		GV	10:30
10:40	GFS	100H		BFS	12:30
10:50	GV	100H		BV	3:00
11:05	GFS	400m	High Jump	BFS	9:00
11:15	BFS	400m		GFS	10:30
11:30	GV	400m		GV	12:00
11:50	BV	400m		BV	2:00
12:10	GFS	100m	Long Jump	BV	8:30
12:20	BFS	100m		GV	10:00
12:30	GV	100m		BFS	11:30
12:45	BV	100m		GFS	1:00
1:00	GFS	800m	Triple Jump	BV	2:00
1:15	BFS	800m		GV	3:00
1:30	GV	800m		BFS	4:00
1:45	BV	800m		GFS	5:00
2:00	GFS	300IH			
2:10	GV	300IH			
2:20	BFS	300IH			
2:30	BV	300IH			
2:45	GFS	3200m			
3:00	BFS	3200m			
3:15	GFS	200m			
3:30	BFS	200m			
3:45	GV	200m			
4:00	BV	200m			
4:20	GV	3200m			
4:40	BV	3200m			
5:00	Coaches/Weightman's Relay				
5:15	GFS	4x400			
5:25	BFS	4x400			
5:40	GV	4x400			
5:55	BV	4x400			



CONTRACT FOR ATHLETIC CONTESTS

This contract may be used in arranging non-league and tournament interscholastic athletic contests. Regular league schedules are official and binding on said league members and do not require individual contract. Please refer to Blue Book rules 150-153.

This **CONTRACT** is made and subscribed to by the principals and athletic administrators of

Covina (Covina Invitational) High School and _____ High School
 for Boys & Girls contests in Track & Field -30th Annual Covina Invite to be played as follows:
 (Boys' or Girls') (Name of Sport)

LEVEL	SITE	DATE	STARTING TIME
Varsity	Covina District Stadium	4/1/23	8:30am
Jr. Varsity	_____	_____	_____
Soph	_____	_____	_____
Frosh	_____	_____	_____
Frosh-Soph	Covina District Stadium	4/1/23	8:30am

REMARKS: 4 Divisions - Boys Varsity, Girls Varsity, Boys FS, Girls FS

FINANCIAL ARRANGEMENTS

A. General Admission	<u>\$8.00</u>	F. Faculty Passes honored Both Schools	<u>CIF Passes</u>
B. Home Students WITH ASB Cards	<u>\$5.00</u>	G. Advance Sale Permitted	<u>NA</u>
C. Visiting Students WITH ASB Cards	<u>\$5.00</u>	H. Visiting Band in Uniform Admitted Free	
D. Student (Both Schools) WITHOUT ASB Cards	<u>\$5.00</u>	With Advisor	<u>NA</u>
E. Children Admission	<u>12 under free</u>	I. Visiting Pep Squads Admitted Free	<u>NAA</u>
		With Advisor	

ADDITIONAL FINANCIAL TERMS: \$150 per division or \$500 for full team (4 divisions) - \$15 per athlete for individuals

CHECKS PAYABLE TO - COVINA HIGH TRACK

MEDICAL RESPONSIBILITY: Trainer on site

OTHER ARRANGEMENTS: Entries on <https://ca.milesplit.com/> DUE BY WEDS 3/29 11:59pm

Return to **HOST SCHOOL** by: ASAP to ensure entry

All contests must be played under the regulations and rulings of the California Interscholastic Federation and the Southern Section of which the contracting schools are members. These regulations and rulings are a part of this contract. Use back side of form for additional comments.

HOST SCHOOL INFORMATION	VISITING SCHOOL INFORMATION
School Name <u>Covina</u>	School Name _____
School Address <u>463 S. Hollenbeck Covina 91723</u>	School Address _____
School Phone Number <u>626 974-6030</u>	School Phone Number _____
School Fax Number <u>626 974-6045</u>	School Fax Number _____
Host School Principal's Signature _____	Visiting School Principal's Signature _____
Host School Athletic Administrator's Signature _____	Visiting School Athletic Administrator's Signature _____
Date: <u>11/18/22</u>	Date: _____
Host A.D. Email Address <u>kglaspy@c-vusd.org</u>	Visiting A.D. Email Address _____
Host A.D. Cell Phone # <u>626 824-0852</u>	Visiting A.D. Cell Phone # _____

NOTE: All contracts to be valid must be signed by the principal and the athletic administrator at each school. When the principal and athletic administrator of one of the contracting schools is new to the school, he should be notified of existing