



Co-Conference Championships



Important Facts and Information about the Event

Start Time: The events begin at 8:30 A.M.

Location: Royal High School, 1402 Royal Ave, Simi Valley, CA 93065

Parking: The Royal High School parking lots should be adequate for all families.

Seating & Pop-ups: Each conference will be allowed 1 pop up near the top row of the bleachers for each member club.

Infield Access: Athletes will be allowed to warm up on the infield. Athletes will not be allowed to camp out on the infield, they should come out for warm ups prior to their event and then return to the stands after their event.

Gremlin management: Two Gremlin coaches per Club will be allowed on the infield at all times to assist in staging and provide assistance to the Gremlins. This will allow a single Gremlin coach for each gender to have access to the infield.

Spikes: The track spike requirement is 3/16" needle.

Awards: Medals will be awarded for places 1st through 9th in laned and field events. For the 800, 1500 and 3000 medals will be awarded for places 1st through 16th.

Onsite Vending: Food concessions will be open for breakfast and lunch. Championship T-Shirts with your child's name will be available for purchase at the event. To ensure that you purchase a Championship T-Shirt it is recommended to pre-order through your track club.

Post Season Competition Opportunity: Immediately following the CCC Meet a Post Season Meeting for coaches and parents will follow, if you are interested. Listen for announcements during meet.

Order of Events

Running Events

3000m Run: MG, MB, YG IG, YB, IB, YM

Hurdles: YM, IB, YB, IG, YG, MB, MG

4x100m Relay: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

1500m Run: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

400m Dash: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

Coaches Relay Happens Here: 100m + 100 + 200m + 400m + 800m

100m Dash: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

800m Run: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

200m Dash: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

4x400m Relay: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB

Field Events

High Jump: BG, BB, MG, MB, YG, YB, IG, IB, YM

Long Jump Girls: MG, GG, BG, YG, IG, YM

Long Jump Boys: MB, GB, BB, YB, IB, YM

Shot Put: IG, IB, YM, YG, YB, MB, MG, BB, BG