

# *2026 West Coast Relays*

## *Meet Day Info*

### **Instructions for Coaches**

1. Coaches/parents must remain in the stands during competition (not allowed on the infield).
2. The warm- up area is located northeast of the stadium, outside on the grass. No warming-up on the track.
3. Only those who are competing are allowed on the track or at field area.
4. Calls will be made over field PA system only for running events only.
5. **Athletes are to use 3/16” pyramid only.** Spikes must be changed prior to entering stadium (shoes must have spikes in shoe before entry). Any athlete caught using spikes different than the 3/16” pyramid will be **disqualified from meet** and subject to being banned from competing for 365 days at any track event held at Veterans Memorial Stadium in Clovis. *NOTE: High Jumpers may use 1/4 Pyramid.*
6. Running event athletes are to report 15 min. (when are called) before the event begins. Running events will report to the clerk of the course, field events will report directly to event, 30 min before the start of the event.
7. Once checked into the clerk area athletes may not leave (unless competing in a field event at that time).
8. Athletes who are alternates should report to the clerk of the course or their field event ahead of time.
9. No head phones or cell phones are allowed on infield of track or in the clerks’ area.
10. Athletes **MUST** compete in school issued uniforms only. State meet rules will be observed.
11. No Glass Containers
12. All pop-up tents must be on the top level of upper most bleachers.
13. No tents/fully enclosed on infield.
14. All pole vault poles will be inspected.
15. Shot put and discus weigh ins are from 8:30am- 10:15am. This will be located in the warm-up area
16. Entry fee is \$10.00 per athlete with a max of \$500.00.
17. Athletes and coaches will receive wristbands for entry into meet. Wristbands must be on prior to entering. You will only be given wristbands for qualified athletes and alternates only. All others must enter through the admission gate.
18. Awards for Gold events will be West Coast Relays custom medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>. Silver and Bronze events, top three will receive custom West Coast Relays key chain medal. Blue, Red and Green event winners only will receive West Coast Relays key chain.

19. Scratches need to be made via email to [brianweaver@cUSD.com](mailto:brianweaver@cUSD.com) by Monday April 6<sup>th</sup> no later than 10:00am PST to not be charged. Any scratches made after this time will be charged in the team fee.

20. All results will be posted on [www.buchanantrack.com](http://www.buchanantrack.com). [Buchanan.trackscoeboard.com](http://Buchanan.trackscoeboard.com)

21. Cancellation Policy-West Coast relays will be contested regardless of weather conditions. There are no refunds due to inclement weather or other circumstances beyond our control. The West Coast Relays reserves the right to cancel, postpone or reschedule the event without refund of entry fee or ticket fee. Schools are responsible for entry fees regardless. Failure to pay fee will result in loss of future entry at site.

22. Busses may drop off in the stadium parking lot only (no parking). Please see below map for bus parking during meet.

