



February 25, 2019

Dear Coach:

**The Thirty Ninth Annual Sacramento Meet of Champions (SMOC) will be held on Saturday, April 20, 2019 at American River College (Sacramento).** Over the years the SMOC has featured athletes from every CIF Section (except San Diego) in addition to athletes from northern Nevada and Oregon. This year's competition will feature open and invitational sessions for both the varsity girls' and varsity boys' competitions only. **Please note that a meet exception has been granted for the SMOC to all North Coast Section high schools.**

This year we will be offering online entry through <https://www.athletic.net>. NO phone, fax or email of entries to meet management will be accepted. It is important, for verification of marks, that all meet results, dual and invitational, be posted to <https://www.athletic.net>.

All information on the SMOC may be found at [www.sacramentomoc.com](http://www.sacramentomoc.com). Open competition begins at 11:00 am and invitational competition begins at 5:00 pm (field events) and 5:30 pm (track events) and the meet concludes at 8:20 pm. The meet will feature only individual competition no team scores will be kept. All running events will be timed with a Finish Lynx timing system and wind gauges will be used on the track and horizontal jumps. There will be distinctive awards to the top six places for each event in the Open and Invitational sessions.

Throughout its thirty eight year history, the SMOC has been host to the finest high school track and field athletes from Northern, Central and Southern, California, Northern Nevada, and Southern Oregon. The meet records attest to the quality of the athletes who have competed and will compete at this years' edition.

**Open Meet Records:** Girls - 12.11, 24.23, 55.86, 2:14.28, 4:59.13, 11:05.17, 14.65, 44.47, 48.41, 3:54.74, 18-10, 38-03.75, 5-05, 12-01, 41-03.25, 130-6; Boys - 10.74, 21.39, 48.04, 1:55.28, 4:18.25, 9:26.81, 14.38, 38.46, 42.15, 3:20.72, 23-04.75, 46-00, 6-09.50, 15-06.00, 55-05.75, 169-04;

**Invitational Meet Records:** Girls - 11.40, 23.50, 53.15, 2:07.84, 4:38.15, 10:21.34, 13.32, 41.64, 45.95, 3:43.14, 20-06, 43-03, 5-11, 13-03, 51-11.50, 179-01; Boys - 10.36, 21.03, 47.03, 1:48.85, 4:07.78 (4:01.29 Mile), 8:55.19, 13.69, 36.23, 41.16, 3:13.94, 24-3.50, 49-10, 7-0.25, 17-02, 63-2.75, 193-03.

Jerry Colman, Meet Director  
Sacramento Meet of Champions

Dave Unterholzner, Assistant Meet Director  
Bella Vista High School