



Dear Coach:

**The Forty Second Annual Sacramento Meet of Champions (SMOC) will be held on Saturday, April 26, 2025, 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.

This year we will again 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) on February 24, 2025. Open competition begins at 10:30 am (track events) and 11:00 am (field events). The 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 forty one 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, 9:29.95, 18-10, 38-03.75, 5-05, 12-01, 41-03.25, 130-6; Boys - 10.74, 21.39, 48.04, 1:53.71, 4:16.26, 9:25.66, 14.38, 38.46, 42.15, 3:20.72, 8:05.99, 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, 13-06, 51-11.50, 179-01; Boys - 10.36, 21.03, 47.03, 1:48.85, 3:59.80 (4:01.29 Mile), 8:55.19, 13.69, 36.23, 40.83, 3:13.94, 24-3.50, 49-10, 7-0.25, 17-02, 63-2.75, 193-03.

Dave Unterholzner, Meet Director  
Bella Vista High School