



2009 CYO TRACK & FIELD MEET INFORMATION - EAST



Please inform all that adult admission (\$ 1.00) is required at all meets. The admission collected helps cover the cost of meet staffing. Team fees of \$35 due for at the beginning of each regular season meet and for each team entered in the Area Championship Meet.

REGULAR SEASON MEET ORDER OF EVENTS

***** **Girls Run First / Boys Field First at All Meets** *****

RUNNING EVENTS:

1:00 PM Elemental & Developmental Divisions
Prayer; 1600m; 100m; 800m; 400m; 200m; 4x100m Relay

3:00 PM Cadet, Junior Varsity & Varsity Divisions
Prayer; 1600m; 100m; 800m; 400m; 200m; 4x100m Relay
(Note: Based on the number of entries, grades may be combined in certain events)

FIELD EVENTS starting times are approximates (athletes should report earlier if called):

1:00 PM Boys - 5HJ, 4SP, 5LJ, 4SJ
1:20 PM Boys - 5SP, 4LJ, 5SJ
1:40 PM Girls - 5 HJ, 4SP, 5LJ, 4SJ
2:00 PM Girls - 5SP, 4LJ, 5SJ
2:00 PM Girls - 6HJ
2:30 PM Boys - 6HJ
3:00 PM Boys - 7DSC, 7HJ, 8SP, 6LJ, 7SJ
3:20 PM Boys - 8HJ, 6SP, 7LJ, 8SJ
3:40 PM Boys - 8DSC, 7SP, 8LJ, 6SJ
4:00 PM Girls - 7DSC, 7HJ, 8SP, 6LJ, 7SJ
4:20 PM Girls - 8DSC, 8HJ, 6SP, 7LJ, 8SJ
4:40 PM Girls - 7SP, 8LJ, 6SJ

EVENT ENTRIES:

- o At Regular Season Meets, participants may enter a maximum of four (4) events, see rule book for specifics.
- o Area Championship Meet rules will limit each participant to a maximum of one running, one field, one relay event.
- o 1600m, 800m, 100m, Relays, Discus, High Jump, Shot Put - unlimited entries allowed
- o Elemental & Developmental Standing Jump - allow five (5) entries generally
- o Cadet, JV & Varsity Standing Jump - allow three (3) entries generally
- o 200m, 400m, Long Jump - allow two (2) generally, more if time permits.

RUNNING EVENTS:

- o Relay Batons will be provided
- o Starting blocks are to be supplied by teams.
- o Pyramid spikes are allowed, facilities may limit spike length to 1/8", a 1/4" maximum may be worn

FIELD EVENTS:

- o Athletes are permitted two (2) attempts during the regular season, except High Jump where 3 are permitted.
- o Pyramid spikes are allowed, facilities may limit spike length to 1/8", a 1/4" maximum may be worn in the High Jump and Long Jump.
- o High Jump
Jumps progress at two inch intervals.
Time limit of one (1) minute to complete the jump or pass.
Starting Heights: BOYS: 5th - 3'2" 6th - 3'8" 7th - 4'0" 8th - 4'4"
GIRLS: 5th - 3'0" 6th - 3'6" 7th - 3'8" 8th - 4'0"

Cancellations due to inclement weather will be posted at www.clevelandcyoschedules.org under the "Bulletin" tab. Cancellations may be made as late as one half hour before meet start time.

COACHES ARE REQUIRED TO WEAR THEIR CDP IDENTIFICATION CARD AT ALL MEETS AND ARE REQUIRED TO BE IN CONTROL OF THEIR ATHLETES, AND FANS AT ALL TIMES. CLEANUP OF TEAM AREAS IS ESSENTIAL TO KEEP OUR ATHLETES COMPETING AT THESE FINE FACILITIES. PLEASE CLEAN UP AT THE CONCLUSION OF EACH MEET.