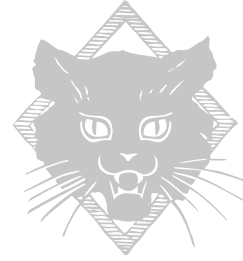


Saint John Vianney CYO Girls Invitational -2010
May 2, 2010 – Hawken Upper School
“Sportsmanship is the name of the Game!!”



April 15, 2010

Dear Track Coach,

I'd like to invite you to the 17th Annual Saint John Vianney Girls Invitational. The Meet will be held Sunday May 2, 2010 at Hawken Upper School. The school is located on County Line Road, just North of Mayfield Road in Chesterland.

The meet will start at 1:15pm and should end about 6:00pm. Attached you will find the order of events, entry procedures/forms, and meet guidelines.

Notes:

- **We will use the online registration system at www.athletic.net for entries. All Entries will be processed through this website. You can enter athletes through the website until 11:00AM on Saturday May 1. See Attached information for instructions. If you have not set-up your account with athletic.net, please do so now it may take a day to activate your account.**
- **B-Teams will NOT be permitted.**
- **Paper entries will not be accepted. Teams Must register on-line.**
- **After the entry deadline, you will only be permitted to make scratches; you may NOT add new athletes to events not registered.**
- **There will be a \$1.00 per PERSON admission charge.**

To help the meet run smoothly I ask that each school be prepared to provide two (2) volunteers to help with the meet. I will have some high school athletes present to help run the field events and finish line/awards. I ask that you remember this is a CYO event and the athletes are the important focus and not winning an event. Therefore follow the enclosed rules for participation and please do not put an athlete in an event that she is not ready.

The entry fee for the meet is **\$130.00**. This year you will be able to enter

- Two (2) people per individual running event
- One (1) person per individual field event
- Two (2) relay teams per event
- In each event both athletes/teams will place, but only higher place will score points.
- NO B-Team Entries.
- The standing jump will offered for ALL divisions. – Please register athletes **under the “Triple Jump”**
- **Please note that the Distance Medley will be entered under the Sprint Medley (200,200,400,800) event.**

Checks are due by the day of the meet and should be made payable to “**St. John Vianney Athletics**”. If you have any questions please call me between 8:00 PM and 10:00 PM at 1-216-731-8575 or cfhawkentf@aol.com.

I hope you can come on May 2nd.

Christopher Farroni

Christopher Farroni
St. John Vianney Meet Director

St. John Vianney Invitational - Online Entry Instructions

This meet is using free online registration at Athletic.net!

Date	5/2/2010	Host	St John Vianney
Location	Hawken Upper School - 12465 County Line Rd, Chesterland, OH	Director	Christopher Farroni
Region	Ohio	Email	cfhawkentf@aol.com
Field Start	1:00 PM	Phone	216.731.8575
Track Start	1:00 PM		

1. Locate your team and sign up for a free coach account (if you don't have one.)

- Go to www.Athletic.net
- Go to the appropriate level under Track & Field (HS, MS, College, or Club)
- Locate your state, then your team
- On your team page, click "**Sign Up Here**" in the "Info for Coaches" box
- After receiving the confirmation email, proceed to step 2

2. Enter your season calendar

- Sign into www.Athletic.net with your email and password, and click your team name in the left navigation menu
- Click "**Edit Calendar**" on the Coach Tools bar near the top of your team page
- Next to "T&F Meet" select the date **5/2/2010** and click **Add Meet by Date >**
- For Region, select: **Ohio**
- Click **Select** on line that says: **Hawken Upper School , Chesterland, St. John Vianney Invitational**
- Review the information and click **Save**
- Repeat for the rest of your calendar
- Verify meets on the "Edit Calendar" page. Click "Edit" next to a meet to correct.

3. Enter past meet results to be used as seed times (You should have already completed this task)

Seed times for entries are automatically drawn from past results. Some hosts will accept "override seed marks" entered on the meet registration page, but it is best to enter the marks as results in your past meets.

- Click "**Enter Meet Results**" from the Coach Tools bar, on your team page
- Add an athlete to the roster (repeat for all athletes)
- Select a gender and an **older meet** from the drop-downs near the top
- Select an event
- In the "Edit/Add Results" box, enter the last name of athlete, result and place
- Click "**Add**"
- Repeat for each result

4. Register athletes for the St. John Vianney Invitational

- Back on your team page, click "**St. John Vianney Invitational**" in the calendar.
- Click **Register Athletes**
- Add additional athletes at the bottom of the page
- Click on either an Athlete or an Event
- Enter Standing Jump as the "Triple Jump"
- Enter the Distance Medley as the "Sprint Medley (200,200,400,800)"
- For Relays mark the members either as part of the "A" or "B" Relay.
- For Relay Events you must enter the relay seed time in the box next to one of the participating athletes. For Relays mark the members either as part of the "A" or "B" Relay.
- Select the athletes you want to compete, division (**Remember to select & verify the Division of the athlete**), and verify seed mark
- Click the Update button to save changes
- To **remove athletes** from an event, select the '--' line
- Print your entries for use at the meet

MEET RULES

- Helpers:** Each team is asked to provide two (2) helpers to assist with field events or at the finish line.
- Smoking:** Smoking is prohibited inside the fence of the stadium area. This is both a Hawken School and a CYO Rule.
- Team Limit:** We reserve the right to limit event entries. So get your rosters in as soon as possible.
- Parking and Concessions:** ALL cars must be parked in the parking lots. **NO cars are to be parked along the roadway.** No Spectator cars (except handicapped) are to be parked within the fenced area. Concessions and Restrooms will be available.
- Stadium Infield:** No one besides meet workers will be allowed on the infield of the stadium. High Jump athletes are to remain outside the fence until their grade level is called. **Spectators and coaches are to remain outside the restricted competition area.**
- Spikes:** Allowed in all running events and the running long jump and high jump. Only 1/8" pyramid spikes are allowed. No spikes or shoes that can hold spikes are allowed in the shot put, discus and standing jump.
- Jewelry:** Please review the Jewelry rule with your athletes. They are not permitted to wear necklaces, bracelets, earrings, or other items during competition. Watches are permitted as equipment.
- Uniforms:** Each team is required to provide each athlete with at least a uniform jersey. This uniform must indicate the team competing for and of course the "CYO" Emblem. These uniforms are to be worn by all athletes for both the running and field events. Relay teams are to wear identical uniform jerseys. Failure to have a uniform top will be grounds for a foul in a field event and not being placed in a running event. Failure to have matching uniforms for members of relay teams will be grounds for disqualification (Read your CYO Rulebook for details). So make sure ALL of your athletes have a jersey identifying your team to wear.
- Participation:** Athletes MAY participate in two (2) running events, and one (1) field event. An athlete who participates in a grade level individual event or relay must remain in that grade for the entire day.
- Lane /Heats:** Lanes for individual events and the 4x100m Relay will be based upon time. Other relays will be assigned lanes on a random draw. Races with two heats will be decided by comparing the times of the two heats. The second heat will contain the faster athletes.
- Running Events:** In multiple heat finals times will be compared between the heats. The last heat is the fastest heat. All athletes will be assigned lanes in the bullpen. This area will be by the 100M starting area. Athletes are to report to this area as soon as their event is called.
- Field Events:** Three (3) attempts will be given to each athlete. The following starting heights will be used: 5th grade 3'0", 6th grade 3'3", 7th grade 3'6", and 8th grade 3'9". The bar will be raised in 3" intervals until the bar reaches 4'0". Once at 4'0" the bar will be raised by 2" increments. When the bar reaches 5'0" it will be raised in 1" increments. In the Shot Put the athlete will throw twice in a row, measure the farthest & then get third throw in order.
- Bullpen:** All athletes will be assigned lanes in the bullpen. Coaches and Parents are to remain outside of the bullpen area. To keep the meet moving along the meet clerk needs to have the undivided attention of your athletes. This area will be by the 100m starting area. Athletes are to report to this area as soon as their event is called.
- Relay Rules:** 4x200M Relay, Open 4x100M Relay, 4x400M Relay, Sprint Medley(1,1,2,4) and Distance Medley (Sprint Medley - 2,2,4,8) team may be made up of athletes from any grade running any leg.

Grade Level 4x100 Relay team must consist of athletes from the same grade level. If an athlete moves up for a relay she must remain at that level for other events.

The use of Fly Zones or Acceleration Zones is not permitted

Awards: Individual awards will be given for 1st through 6th place in each event. Participation ribbons will be given to each team. At the end of the meet a team trophy will be given to the 1st and 2nd place team in the large and small school divisions and 1st place in each grade level (4, 5, 6, 7, 8). Awards will be presented at the end of the meet.

Scoring: Only the top placer from each team will score in an event (others will place, but not receive points). Teams will be awarded points based upon the 10-8-6-4-2-1 point scale. The points and places will be awarded for each event across both divisions. For example, if the 4x400m is won by a small school team that team will receive 10 points, if a large school is second it will be given 8 points, a large school is third it gets 6 points, a small school is fourth it gets 4 points. To clarify, there will only be ONE set of individual awards given, just as in the past. The scoring will be done as if it was one large meet, except the large school with the most points wins that division, and the small school with the most points wins that division.

Team Division: Teams will be placed in divisions based upon the number of athletes listed on the official CYO Roster. Meet management will establish a cut off point, once entries are received.

Relay Markings: 4x100 Exchange Zones are ALL Yellow to Yellow
4x200 1st & 2nd exchange zone is Red to Red, 3rd exchange zone is Yellow to Yellow
4x400 1st leg in lanes, 2nd leg will exchange in lanes & then cut-in off of the turn on the backstretch. 3rd & 4th exchanges are California style (positioned off the final turn) and can cut-in immediately.
Sprint Medley (1,1,2,4) Start race with a 1 lap stagger – 1st three legs are in lanes at Yellow 4x100 marks. 4th runner receives hand-off in lane then may cut-in immediately.
Distance Medley (Sprint Medley – 2,2,4,8) Start race with a 1 lap stagger. 1st & 2nd legs stay in lanes at Yellow 4x100 marks. 3rd leg receives hand-off in lane & then cut-in immediately. Last exchange is California style (positioned off the final turn) and can cut-in immediately.

**2010 SAINT JOHN VIANNEY INVITATIONAL
PRELIMINARY ORDER OF EVENTS**

TIMES STATED ARE ESTIMATES. A FINAL SCHEDULE WILL BE GIVEN TO YOU AT THE COACHES MEETING. WE WILL NOT HOLD UP THE EVENT TO KEEP THE SCHEDULE.

	Number of Heats	
12:00 PM	Hawken School Gates Open	
12:20 PM	Coaches Meeting – By Finish line	
12:40 PM	Field Event Officials Meeting – By Finish Line	
12:50 PM	Finish Line Worker Meeting	
1:00 PM	Announcement of Teams and CYO Prayer - Meet at Finish Area	
1:15 PM	<u>6th - 8th Grade Field Events</u>	
1:15 PM	Distance Medley (200-200-400-800)	2
1:25 PM	4 th & 5 th Grade 100m Prelims	10
	4 th & 5 th Grade 800m Run	2
	4 th & 5 th Grade 400m Dash	12
	4 th & 5 th Grade 200m Dash	12
	4 th & 5 th Grade 100m Final	2
2:50 PM	4 th – 6 th Grade 1600m Run	2
3:00 PM	4 th & 5 th Grade 4x100m Relay	6
	Open 4x100m Relay	3
	Sprint Medley Relay (100-100-200-400)	3
	4x200m Relay	3
	4x400m Medley Relay	1
3:30 PM	<u>4th - 5th Grade Field Events</u>	
3:45 PM	6 th - 8 th Grade 100m Prelims	15
	6 th - 8 th Grade 200m Dash	20
	6 th - 8 th Grade 400m Dash	12
	6 th - 8 th Grade 800m Run	3
	6 th - 8 th Grade 100m Final	3
5:40 PM	7 th - 8 th Grade 1600m Run	2
5:50 PM	6 th - 8 th Grade 4x100m Relay	6
6:15 PM	CYO Prayer and Award Presentations	

PLEASE TELL YOUR ATHLETES THAT RUNNING EVENTS TAKE PRIORITY OVER FIELD EVENTS. THE ATHLETE SHOULD CHECK OUT OF THE FIELD EVENT AND REPORT TO THE BULLPEN WHEN CALLED.

NO ONE EXCEPT MEET OFFICIALS AND PARTICIPATING ATHLETES ARE ALLOWED IN THE FENCED AREA OF THE TRACK. ALL PARENTS ARE TO REMAIN OUTSIDE THE FENCE AROUND THE TRACK.

Hawken Upper School
12465 County Line Rd, Chesterland

Exit I-271 at Mayfield Road-East. Follow Mayfield Road past the Hospital and St. Francis of Assisi. You will go down a big hill and back up. At the top of the hill will be a traffic light for County Line Road. Turn north onto County Line Road. Hawken School will be on the East side of the road. Once on Campus follow the driveway to the stop sign. Turn left at the stop sign to the Track & parking areas. There is no parking along the roadway!

There will be a \$1.00 per Person Admission charged.

