2010 CYO TRACK & FIELD MEET INFORMATION

~~*Team fees of $40 per gender are due at the beginning of each regular season meet and as directed for the Area Championship Meet.*~~

REGULAR SEASON MEET ORDER OF EVENTS

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

NOTE: All 1600m races will be at the beginning of each session

RUNNING EVENTS:

1:00 PM — Elemental & Developmental Divisions – 4TH & 5TH GRADE
Prayer; 1600m; 100m; 800m; 400m; 200m; 4x100m Relay

3:00 PM — Cadet, Junior Varsity & Varsity Divisions – 6TH, 7TH, & 8TH GRADE
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

★ REPORT ½ HOUR PRIOR TO MEET TIME

RUNNING EVENTS:

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

FIELD EVENTS:

- Athletes are permitted two (2) attempts during the regular season, except High Jump where 3 are permitted.
- 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.
- High Jump

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"