

CYO Cadet & Junior TRACK & FIELD INVITATIONAL

Sponsored by St. Francis de Sales School

Saturday, May 6, 2017
St. Francis de Sales School

Registration - 8:45 a.m. until 9:15 a.m

At registration, please provide a CYO roster grouped by division and gender.

The cost is \$3 per participant with a limit of 3 events per participant.

Participation ribbons will be awarded to all, with place ribbons for 1st through 6th.

Entry fee of \$1 will be charged for adult spectators.

Schedule

9:30 a.m. **Coaches Meeting**

9:45 a.m. **Field Events**

Discus – Junior Boys, Cadet Boys, Junior Girls, Cadet Girls

Shot Put – Junior Girls, Cadet Girls, Junior Boys, Cadet Boys

High Jump – Cadet Girls, Junior Girls, Cadet Boys, Junior Boys

Long Jump – Cadet Boys **and** Cadet Girls, Junior Girls, Junior Boys

All events run in this order ...Cadet Girls, Cadet Boys, Junior Girls, Junior Boys

10:00 a.m. **100m and 200m Prelims**

11:30 a.m. 1600 m Run*(Cadet Girls, Cadet Boys)

100m Dash Finals

1600m Run*(Junior Girls, Junior Boys)

4 x 100m Relay*

400m Dash*

Sprint Medley Relay (100m, 100m, 200m, 400m)*

800m Run*

200m Dash Finals

4 x 200m Relay (cadets)?, 4x400m Relay (juniors)*

*timed finals

For more information email Jim Neary at jneary@sfstoledo.org.

CYO Track and Field Coaches,

We look forward to hosting you and your team this year. Please review the following meet information.

The Gesu parking lot will not be available. Please inform families to park in the SFS lot off Bancroft and walk along the sidewalk

in front of the school or the paved path behind the school. Both lead to the west end of the track facility.

1. Download the meet schedule and team entry form from the CYO website.
2. Organize your entry by gender and division (Cadet Girls, Cadet Boys, Junior Girls, Junior Boys) and provide a first and last name for each athlete. Remember that each athlete may compete in a maximum of 3 events.
 - a. Place a check mark in the box of each individual event in which the athlete will compete.
 - b. Place a letter (A,B,C) instead of a check mark in the box of each relay in which the athlete will compete.
3. Registration will run from 8:45 am to 9:15 am in the hospitality room on the south side of the track. Please bring a copy of the entry form to turn in with your payment. The cost is \$3 per athlete. Make checks payable to St. Francis.
4. After you turn in your roster, you will be given a name tag for each athlete. Please write their first and last name and make sure that each athlete wears the name tag on the front of their uniform where it will be visible to the clerk and timers. Permanent markers will be provided.
5. Team camps are permitted in the grass areas outside of the fence surrounding the track. No camps are permitted inside the competition area or in the bleachers. Athletes are not permitted on the turf field.
6. There will be a coaches meeting at 9:30 am near the finish line to discuss procedures and rules.
 - a. Spikes are permitted for juniors only and starting blocks are not permitted.
 - b. Discus athletes will be allowed 4 throws and their best effort will be used to determine place.
 - c. Shot Put athletes will be allowed 4 throws and their best effort will be used to determine place.
Cadets will use a 6 lb shot and juniors will use an 8 lb shot.
 - d. Long jump athletes will allowed 2 jumps. The best seven will qualify to the final and will be allowed two additional jumps. The best effort from either prelims or finals will be used to determine place.
 - e. Opening height for high jump will be 3'5" for cadet girls, 3'8" for cadet boys, 3'10" for junior girls, and 4'2" for junior boys. Heights will advance by 2" until eight competitors remain and then will advance by 1".
7. There will be calls for each event on the PA system. Please inform your athletes to be aware of all calls so they can check in with the clerks in a timely fashion.
8. Field events will begin at 9:45 am. Competition will follow the order listed on the event flyer. The top six performances in each event will be included in the official meet results. Please keep track of all other marks if you will need them for your records.
9. Running prelims will begin at 10:00 am. As much as possible, prelim heats will be created so that runners of equal ability are racing against one another. This can be helped by informing your athletes of their usual times and making sure all athletes report to the check in area when calls are made. Timers will provide a time to each athlete. However, no prelim times will be included in official meet results.
10. Running finals will begin at 11:30 am. Qualifiers in the 100m and 200m will be announced. All other events are timed finals. Again heats will be created so that runners of equal ability are racing against one another. This can be helped by informing your athletes of their usual times and making sure all athletes report to the check in area when calls are made. Timers will provide a time to each athlete. However, only the top 6 times in each event will be included in official meet results. Please keep track of all other times if you will need them for your records.
11. Ribbons will be awarded for the top 6 places in each event. All athletes will receive a participant ribbon. Coaches may pick up awards packets in the press box at the conclusion of the meet.