



# 2010 SAINT FRANCIS HIGH SCHOOL TRACK AND FIELD INVITATIONAL SCHEDULE



## RUNNING EVENTS

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>SECTION</u>
1	8:00	3000M	WOMEN	HEAT #1
21	8:15	3000M	MEN	HEAT #1
2	8:30	100 M HURDLES	WOMEN	HEAT #1-2
42	8:40	100 M HURDLES	F/S GIRLS	HEAT #1-3
22	8:55	110 M HI. HURDLES	MEN	HEAT #1-3
62	9:10	70 YD HI. HURDLES	F/S BOYS	HEAT #1-3
3	9:20	400 METER RELAY	WOMEN	HEAT #1-3
43	9:35	400 METER RELAY	F/S GIRLS	HEAT #1-2
63	9:45	400 METER RELAY	F/S BOYS	HEAT #1-2
23	9:55	400 METER RELAY	MEN	HEAT #1-3
4	10:10	1 MILE	WOMEN	HEAT #1-2
44	10:25	1 MILE	F/S GIRLS	HEAT #1-2
64	10:40	1 MILE	F/S BOYS	HEAT #1-2
24	10:55	1 MILE	MEN	HEAT #1-2
5	11:10	400 METERS	WOMEN	HEAT #1-4
45	11:25	400 METERS	F/S GIRLS	HEAT #1-4
65	11:40	400 METERS	F/S BOYS	HEAT #1-4
25	11:55	400 METERS	MEN	HEAT #1-5

## LUNCH BREAK

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>SECTION</u>
6	12:45	100 METERS	WOMEN	HEAT #1-4
46	1:00	100 METERS	F/S GIRLS	HEAT #1-4
66	1:15	100 METERS	F/S BOYS	HEAT #1-4
26	1:30	100 METERS	MEN	HEAT #1-5
7	1:50	DIS. MED. (1200,400,800,1600)	WOMEN	HEAT #1
47	2:05	DIS. MED. (1200,400,800,1600)	F/S GIRLS	HEAT #1
67	2:20	DIS. MED. (1200,400,800,1600)	F/S BOYS	HEAT #1
27	2:35	DIS. MED. (1200,400,800,1600)	MEN	HEAT #1
8	2:55	800 INVITATIONAL	WOMEN	HEAT #1
48	3:00	800 INVITATIONAL	F/S GIRLS	HEAT #1
68	3:10	800 INVITATIONAL	F/S BOYS	HEAT #1
28	3:15	800 INVITATIONAL	MEN	HEAT #1
9	3:25	800 MED (100,100,200,400)	WOMEN	HEAT #1-2
49	3:35	800 MED (100,100,200,400)	F/S GIRLS	HEAT #1-2
69	3:45	800 MED (100,100,200,400)	F/S BOYS	HEAT #1-2
29	3:55	800 MED (100,100,200,400)	MEN	HEAT #1-2
10	4:00	300 M HURDLES	WOMEN	HEAT #1-4
50	4:15	300 M HURDLES	F/S GIRLS	HEAT #1-3
70	4:25	300 M HURDLES	F/S BOYS	HEAT #1-3
30	4:35	300 M HURDLES	MEN	HEAT #1-3
11	4:45	1600 METER RELAY	WOMEN	HEAT #1-2
51	4:55	1600 METER RELAY	F/S GIRLS	HEAT #1
71	5:00	1600 METER RELAY	F/S BOYS	HEAT #1-2
31	5:10	1600 METER RELAY	MEN	HEAT #1-2



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## FIELD EVENTS

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>NOTES</u>
14	9:00 am	LONG JUMP	WOMEN	15' 0 MINIMUM
35	9:00 am	TRIPLE JUMP	MEN	36' 0 MINIMUM
57	9:00 am	POLE VAULT	F/S GIRLS	START 6' 0
76	9:00 am	HIGH JUMP	F/S BOYS	START 5' 4
13	10:00 am	SHOT PUT	WOMEN	30' 0 MINIMUM
52	10:00 am	DISCUS	F/S GIRLS	60' 0 MINIMUM
77	10:30 am	POLE VAULT	F/S BOYS	START 9' 0
72	11:00 am	DISCUS	F/S BOYS	90' 0 MINIMUM
33	11:30 am	SHOT PUT	MEN	40' 0 MINIMUM
34	11:30 am	LONG JUMP	MEN	18' 0 MINIMUM
56	11:30 am	HIGH JUMP	F/S GIRLS	START 4' 0
75	11:30 am	TRIPLE JUMP	F/S BOYS	32' 0 MINIMUM
12	12:00 pm	DISCUS	WOMEN	85' 0 MINIMUM
15	1:00 pm	TRIPLE JUMP	WOMEN	31' 0 MINIMUM
36	1:00 pm	HIGH JUMP	MEN	START 5' 8
37	1:00 pm	POLE VAULT	MEN	START 11' 0
53	1:00 pm	SHOT PUT	F/S GIRLS	20' 0 MINIMUM
54	1:00 pm	LONG JUMP	F/S GIRLS	12' 0 MINIMUM
32	1:30 pm	DISCUS	MEN	120' 0 MINIMUM
16	2:00 pm	HIGH JUMP	WOMEN	START 4' 8
73	2:00 pm	SHOT PUT	F/S BOYS	40' 0 MINIMUM
17	3:00 pm	POLE VAULT	WOMEN	START 7' 0
55	3:00 pm	TRIPLE JUMP	F/S GIRLS	28' 0 MINIMUM
74	3:00 pm	LONG JUMP	F/S BOYS	16' 0 MINIMUM

- ? THE SCHEDULE LISTED ABOVE IS GUIDELINE. **IF MEET MANAGEMENT HAS THE ABILITY TO RUN AHEAD OF SCHEDULE WE WILL DO SO.** IN THE PAST WE HAVE RUN UP TO 45 MINUTES AHEAD OF SCHEDULE. IT IS VITAL THAT ALL ATHLETES PAY ATTENTION TO THE PA SYSTEM AND CHECK-IN AT 1<sup>ST</sup> CALL.
- ? HAVE YOUR ATHLETES READY TO CHECK INTO THE CLERK OF THE COURSE THROUGH THE WARM-UP FIELD AT LEAST **1 HOUR AHEAD OF THE START OF THE EVENT.** WE DO HAVE ALTERNATES THAT WOULD LIKE TO GET INTO THE RACE IF ATHLETES DO NOT SHOW UP ON TIME.
- ? **CHECK-IN CLOSES 20 MINUTES PRIOR TO THE STRT OF THE EVENT.** IF THERE ARE SCRATCHES OR NO-SHOWS, WE WILL ADD ALTERNATES AND RESEED THE EVENT. LANE AND HEAT ASSIGNMENTS WILL BE AVAILABLE 10 MINUTES BEFORE THE START OF THE EVENT.
- ? FIELD EVENTERS REPORT TO THE EVENT THROUGH THE WARM-UP AREA. **THROWERS MUST HAVE THEIR IMPLEMENTS WEIGHED** PRIOR TO COMPETITION.
- ? DO NOT CLIMB OVER FENCES.
- ? PLEASE STAY OFF THE INFIELD. CANOPIES MAY BE SETUP IN THE STANDS ON EITHER SIDE OF THE TRACK.
- ? PLEASE ADVISE ALL ATHLETES THAT THE CIF UNIFORM RULES WILL BE ENFORCED FOR THIS MEET.
- ? NO BALLS, FRESSSBIES, RADIOS, CELLPHONES, ETC. ARE ALLOWED ON THE INFIELD.
- ? NO ONE WITH HEADPHONES WILL BE ALLOWED ON THE INFIELD OR TRACK.

THANK YOU.



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MEET MANAGEMENT