



# 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 #1-2
21	8:30	3000M	MEN	HEAT #1-2
2	9:00	100 M HURDLES	WOMEN	HEAT #1-4
42	9:12	100 M HURDLES	F/S GIRLS	HEAT #1-3
22	9:25	110 M HI. HURDLES	MEN	HEAT #1-3
62	9:35	70 YD HI. HURDLES	F/S BOYS	HEAT #1-3
3	9:50	400 METER RELAY	WOMEN	HEAT #1-3
43	10:05	400 METER RELAY	F/S GIRLS	HEAT #1-3
63	10:10	400 METER RELAY	F/S BOYS	HEAT #1-3
23	10:25	400 METER RELAY	MEN	HEAT #1-3
4	10:40	1 MILE	WOMEN	HEAT #1-2
44	10:55	1 MILE	F/S GIRLS	HEAT #1-2
64	11:10	1 MILE	F/S BOYS	HEAT #1-3
24	11:25	1 MILE	MEN	HEAT #1-3
5	11:40	400 METERS	WOMEN	HEAT #1-3
45	11:50	400 METERS	F/S GIRLS	HEAT #1-3
65	12:00	400 METERS	F/S BOYS	HEAT #1-4
25	12:20	400 METERS	MEN	HEAT #1-5

## LUNCH BREAK

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>SECTION</u>
6	12:50	100 METERS	WOMEN	HEAT #1-4
46	1:05	100 METERS	F/S GIRLS	HEAT #1-4
66	1:20	100 METERS	F/S BOYS	HEAT #1-5
26	1:40	100 METERS	MEN	HEAT #1-5
7	2:00	DIS. MED. (1200,400,800,1600)	WOMEN	HEAT #1
47	2:15	DIS. MED. (1200,400,800,1600)	F/S GIRLS	HEAT #1
67	2:30	DIS. MED. (1200,400,800,1600)	F/S BOYS	HEAT #1
27	2:45	DIS. MED. (1200,400,800,1600)	MEN	HEAT #1
8	3:00	800 INVITATIONAL	WOMEN	HEAT #1
48	3:05	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	3:20	800 MED (100,100,200,400)	WOMEN	HEAT #1-2
49	3:30	800 MED (100,100,200,400)	F/S GIRLS	HEAT #1-2
69	3:40	800 MED (100,100,200,400)	F/S BOYS	HEAT #1-2
29	3:50	800 MED (100,100,200,400)	MEN	HEAT #1-3
10	4:00	300 M HURDLES	WOMEN	HEAT #1-4
50	4:10	300 M HURDLES	F/S GIRLS	HEAT #1-3
70	4:20	300 M HURDLES	F/S BOYS	HEAT #1-3
30	4:30	300 M HURDLES	MEN	HEAT #1-4
11	4:40	1600 METER RELAY	WOMEN	HEAT #1-2
51	4:50	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 #1-3



# 2010 SAINT FRANCIS HIGH SCHOOL TRACK AND FIELD INVITATIONAL SCHEDULE



## 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

- **IF MEET MANAGEMENT HAS THE ABILITY TO RUN A LITTLE AHEAD OF SCHEDULE WE WILL DO SO.** IN THE PAST WE HAVE RUN AHEAD. 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 **30 MINUTES AHEAD OF THE SCHEDULED START OF THE EVENT.** WE DO HAVE ALTERNATES THAT WOULD LIKE TO GET INTO THE RACE IF ATHLETES DO NOT SHOW UP ON TIME.
- 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.  
MEET MANAGEMENT