

CATOCTIN YOUTH TRACK AND FIELD MEET

Date: Sunday April 17, 2011
Location: Catoctin High School
Registration: 11:30 a.m. - 12:30 p.m. (Coach's Meeting - 12:45 p.m.)
Entry Fee: \$5.00 per athlete
Meet Starts: 12:45 p.m. - Field Events / 1:00 p.m. - Track Events
Age Groups: 6 & Under; 7/8; 9/10; 11/12; 13/14; 15/16; 17/18
(ages 16 - 18 will be combined)
Age determined as of 12/31/11

of Events:

- (2) Track and field event for 6 & under (50M Run; Long Jump),
- (3) For 7/8 – 11/2
- (4) For 13/14, 15/16, 17/18

Awards: Ribbons for Top Six Finishers!

Spikes: No spike nail can be longer than 1/8

Concession: Concessions will be sold

Order of Events

Running Events:

- | | |
|-----------------------|---------------------------------------|
| 1. 200 M Hurdles: | 13/14 |
| 2. 80 M Hurdles: | (8 @ 30") 11/12 |
| 3. 3000 M Run: | 11/12, 13/14, 15/16, 17/18 |
| 4. 100 M Hurdles: | (10) Boys 33" girls 30" 13/14 |
| 5. 800 M Run: | 7/8, 9/10, 11/12, 13/14, 15/16, 17/18 |
| 6. 50 M Run: | 6 & Under |
| 7. 100 M Dash (Final) | 7/8, 9/10, 11/12, 13/14, 15/16, 17/18 |
| 8. 1500 M Run: | 9/10, 11/12, 13/14, 15/16, 17/18 |
| 9. 200 M Run: | 7/8, 9/10, 11/12, 13/14, 15/16, 17/18 |
| 10. 400 M Run: | 7/8, 9/10, 11/12, 13/14, 15/16, 17/18 |
| 11. 4x100 Relay: | 7/8, 9/10, 11/12, 13/14, 15/16, 17/18 |
| 12. 4x400 Relay: | 9/10, 11/12, 13/14, 15/16, 17/18 |

Field Events:

- | | |
|-------------------------|---|
| 1. Shot Put: | 7/8, 9/10, 11/12, 13/14, 15/16, 17/18 |
| 2. Discus (after Shot): | 11/12, 13/14, 15/16, 17/18 |
| 3. Long Jump | Pit 1 17/18, 15/16, 13/14 & 11/12
Pit 2 7/8, 9/10, 6 & Under |
| 4. High Jump: | 11/12 – 13/14 – 9/10 - 15/16 - 17/18 |