

CATOCTIN YOUTH TRACK AND FIELD MEET

Date: Sunday April 18, 2010
Location: Catoctin High School
Registration: 11:30 a.m. - 12:30 p.m. (Coach's Meeting - 12:35 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
Age determined as of 12/31/10

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. 110 M Hurdles (10) Boys Only 39" 15/16, 17/18
6. 800 M Run: 7/8, 9/10, 11/12, 13/14, 15/16, 17/18
7. 50 M Run: 6 & Under
8. 100 M Dash (Final) 7/8, 9/10, 11/12, 13/14, 15/16, 17/18
9. 1500 M Run: 9/10, 11/12, 13/14, 15/16, 17/18
10. 200 M Run: 7/8, 9/10, 11/12, 13/14, 15/16, 17/18
11. 400 M Run: 7/8, 9/10, 11/12, 13/14, 15/16, 17/18
12. 4x100 Relay: 7/8, 9/10, 11/12, 13/14, 15/16, 17/18
13. 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: 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