

2011 Parochial Sports League Track Meet Information Sheet

1. **Date:** Sunday, May 22, 2011
2. **Location:** Cathedral Catholic High School Track.
 - a. Parking: Only the main lot (in front of the gym) will be open.
3. **Times:** 8:15 am until about 4:00 pm
 - a. Gates open: 7:30 am.
 - b. First event: starts at 8:15.
 - c. Meet ends: approximately 4:30 pm
 - d. Registration: Schools shall submit all names on the entry forms provided on or before Thursday May 12. You will have one last chance to make final changes on Thursday May 19th.
 - e. Check-in: For the early morning events, each athlete should be checked in 15 minutes prior to their event. For events after 10:30, please check in 30 minutes early in case the schedule shifts. All events will be announced 5 minutes prior to the race. Check-in is conducted with an official at the starting line for each running event, or with the field event official.
4. **Event Schedule**
 - a. Details (predicted start times) are attached
 - b. Lunch break: There will be an approx. 1-hour break
 - c. Trophy presentation at conclusion of meet.
 - d. Complete Meet Results will be posted online within a week after the track meet.
5. **Facility**
 - a. Track: 9-lane all-weather synthetic rubber surface, including long and high jump approaches. Three long jump pits (which will be used simultaneously for different gender-age groups)
 - b. Timing Equipment: professional, automated equipment tied directly to starter's pistol.
 - c. Restrooms and drinking fountains are available
 - d. Concrete bleachers make up the spectator seating area. All parents and spectators must be in the bleachers and cannot be on the Track during the event.
6. **Participation**
 - a. Gender / Age Groups: K, 1-2, 3-4, 5-6, 7-8. Girls and boys separate.
 - b. Limits: Each athlete can enter up to 3 events plus a relay. Each school can enter 1 relay team in each gender-age group.
 - c. Cost:
 - i. Individual participants: \$5.00 per event
 - ii. Relay team: \$10.00, (\$2.50 per athlete)
 - iii. Refunds: there is no refund for registered athletes missing their events.
 - iv. Method of payment: each athlete pays their school prior to the meet. Each school will submit one check to the Parochial Sports League.

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d. Events:

	<u>Gr. K</u>	<u>Gr. 1-2</u>	<u>Gr. 3-4</u>	<u>Gr. 5-6</u>	<u>Gr. 7-8</u>
50 meters	X	X			
100 meters	X	X	X	X	X
200 meters	X	X	X	X	X
400 meters	X	X	X	X	X
800 meters			X	X	X
1 mile				X	X
4x100 m relay	X		X	X	X
Long Jump	X	X	X	X	X
High Jump				X	X
Shot Put				X	X
4x400 m relay					X

- e. Simultaneous events: Many athletes will be signed up for the running events and field events. These will often be executed in parallel. ALWAYS place priority in the running event. Check in when required, and be at the starting line when announced on the PA system. Each athlete can always leave a field event to participate in a running event, then return to the field event.
- f. Heats / Finals: The shortest sprint events (50, 100, 200) have “heats” in the morning, followed by “finals” in the afternoon. The fastest runners in the heats will be asked to return for the final later in the day. There will be PA announcements immediately after lunch to promulgate the names of athletes who have advanced to any of the Finals.
- g. Awards: 1st, 2nd, 3rd place individual ribbons for all heats, finals and field events. Team trophies for most overall points for each grade level by gender.
- h. Substitutions: There will be **no substituting of runners** the day of the event (except for the relays which your participants can be chosen that day)

7. **Clothing**

- a. Weather: Make sure you consider the weather and temperature. Many track meets have been cool and windy. Strongly consider dressing in layers, and bring a jacket and/or warmup suit.
- b. Sunscreen! It will be a long day outside without cover.
- c. Shirt / Shorts: Uniform not required, although it may be spirit-enhancing to wear your school sports uniform or PE clothing.

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d. Footwear.

- i. For the younger kids, regular running shoes with good impact cushioning and good grip.
- ii. For the older kids, and only for sprinting and jumping events, you may want to use track shoes with spikes (must be 3/16" needle spikes). They can be pricey (\$50 and up), so this is a good investment only if your kid's feet are almost done growing and if they are considering continuing track participation in high school.

8. Food

- a. Snack Bar: The snack bar will be open during the day
- b. What to bring: Lunch if you want something other than snack bar food. High energy food and drinks for the kids, but clean up after yourselves! Coolers are OK for drinks.

9. Equipment

- a. First Aid: It is recommended each team bring their own first aid kit, as well as ice packs.
- b. Relay baton: Each school team should bring their own.
- c. Canopy: Each school can bring one, restricted to setup in the top rows of the bleachers.
- d. Incidentals: Remember to bring your cameras, seat cushions, and blankets. Bring activities to do during down time (MP3 players, books, games)

10. Conduct / Rules

- a. Behavior: Refer to the general Sportsmanship guidelines posted on the league website. No horse-play! The concrete bleachers are especially steep and dangerous.
- b. Protests: Keep in mind that this is a friendly event with a primary goal of emphasizing sportsmanship and physical fitness. This is not the Olympics! Judges will not enforce lane violations unless they are blatantly obvious (we have no instant replay cameras). Administrative errors (for example, a team is inadvertently left out of the starting lineup of a relay race) should be pointed out to meet officials immediately. Protests of results are OK, but please keep them civilized. Unruly or heated protests will be ignored and brought to the attention of your school officials after the meet and that person will be asked to leave the facility.
- c. Cleanup: Please cleanup after yourselves. This is extremely important and affects our future privileged use of this facility.
- d. Conduct: Please **NO PETS, SKATEBOARDS, SCOOTERS**. Please supervise your children that are not participating in the event.

11. Access

- a. Friends & Family are restricted to the bleachers / pathway surrounding the track.

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- b. Athletes are permitted on the track and infield, but need to stay off the track during a race, and stay out of the way of throwing events for safety reasons. And when entering please cross the track at the gates at the west end of the stadium ONLY!
- c. Field Passes: Five (5) field passes are given to each school, which are to be used by coaches and assistant coaches to escort athletes to their event starting location. Recommend that the coach keep a field pass throughout the meet, and the other passes are shared/handed-off between other Coaches/Assistants as needed. All field passes must be returned at the end of the day or the school will be assessed a \$5 fee per pass not returned.

It will be a great day, look forward to seeing you Sunday May 22, 2011