

2009
REGION #2 TRACK & FIELD MEET
WEDNESDAY, MAY 6th – PLATTE CANYON
THURSDAY, MAY 7TH – HOLY FAMILY
SATURDAY, MAY 9TH – HOLY FAMILY

COACHES: YOU MUST ENTER PARTICIPANTS ON TIME ON THE directathletics.com WEBSITE. ENTRY DEADLINE IS 11:00am THURSDAY, MAY 7th – YOU CAN SCRATCH AN ATHLETE FROM AN EVENT ON THE DAY OF THE MEET, BUT YOU MAY NOT ADD OR SUBSTITUTE ANY ATHLETES. KEEP IN MIND THAT ATHLETES WHO HAVE QUALIFIED FOR THE STATE MEET MUST BE ENTERED IN THE REGIONAL MEET AS ONE OF THEIR FOUR EVENTS. IF YOU HAVE QUESTIONS REGARDING ENTRIES, CONTACT JEANNE CORONA AT jeanne.corona@bvsd.org<<mailto:jeanne.corona@bvsd.org>>

ALL participating schools MUST PROVIDE 3 WORKERS. All equipment will be provided by Holy Family. Any school not providing their workers will be fined \$100 by the Metro League. Please fax Tom Buckner (303-457-1119) with the names of your workers by Tuesday, May 5th.

1. Bishop Machebeuf - Hurdle Crew (you can use students)
2. Clear Creek – 2 Finish line
3. Denver Christian – 3 Long Jump
4. Denver Lutheran – 3 Shot Put
5. Faith Christian – 3 Discus
6. Holy Family – 3 Wind Gauges
7. Kent Denver – 3 High Jump
8. Platte Canyon – 3 Exchange Judges
9. Sheridan – 3 Triple Jump
10. St. Mary's Academy – 2 High Jump
11. Legend – 3 Exchange Judges

This meet will be conducted in accordance with the rules and regulations of the National Federation of State High School Athletics Association Track and Field Rule Book.

ONLY CHSAA AND CHSCA PASSES will be accepted for entry to the track meet. Workers and officials from the schools must be submitted using the enclosed form to Tom Buckner.

Admission charges for each day will be: Adults \$5.00, Students \$4.00 (contestants will be admitted free while IN-UNIFORM)

Spikes of 1/8" or less are to be used on the track.

THURSADY, MAY 7th, 2009
@ HOLY FAMILY HIGH SCHOOL
Scratch and Coaches meeting at 2:45 p.m. Holy Family Cafeteria.

3:30 p.m. – FIELD EVENTS – Preliminaries and Finals

Girls Long Jump
Boys Triple Jump
Girls High Jump
Boys Discus
Girls Shot

3:30 p.m. – TRACK EVENTS

The preliminary track events will begin at 3:30 p.m. We will begin the next event immediately following the completion of the previous event. There will be three final events during this session: the 3200m relay, 800 medley and the 1600m Run. The number of heats will be adjusted to accommodate the number of participants. There is no set schedule for any track event with the restriction that there will be a 15 minute break after the 100m Run to ensure some recovery time before the 200m Run. Coaches and participants need to listen closely to the announcement of when an event is called.

Advancers to finals will be determined as follows:

2 heats – finals will be the top 3 finishers in each heat and the next 2 fastest times.

3 heats – finals will be the top 2 finishers in each heat and the next 2 fastest times.

4 heats – finals will be the heat winners and the next fastest 4 times.

5 heats – finals will be the heat winners and the next fastest 3 times.

TENTATIVE TIME SCHEDULE FOR PRELIMS

3:30	Girls	800 Medley	- timed finals
3:45	Girls	3200m Relay	- timed finals
4:00	Boys	3200m Relay	- timed finals
4:10	Girls	100m Hurdles	- Heats determined by entries:
4:20	Boys	110m Hurdles	- Heats determined by entries:
4:30	Girls	100m Dash	- Heats determined by entries:
4:40	Boys	100m Dash	- Heats determined by entries:
15 minute break			
5:05	Girls	200m Dash	- Heats determined by entries:
5:15	Boys	200m Dash	- Heats determined by entries:
5:25	Girls	1600m Run - 2 Heats (if necessary),	timed finals (slow heat first)
5:40	Boys	1600m Run - 2 Heats (if necessary),	timed finals (slow heat first)

SATURDAY, MAY 9TH, 2009
@ HOLY FAMILY HIGH SCHOOL
Scratch and Coaches meeting at 2:45 p.m. Holy Family Cafeteria.

10:00 a.m. – FIELD EVENTS – Preliminaries and Finals

Girls Triple Jump
Boys High Jump
Boys Long Jump
Boys Shot
Girls Discus

10:00 a.m. – TRACK EVENTS – All Finals

10:00 Girls 100m Hurdles
10:10 Boys 110m Hurdles
10:25 Girls 100m Dash
10:35 Boys 100m Dash
10:45 Girls 800m Relay – timed finals (slow heat first)
10:55 Boys 800m Relay – timed finals (slow heat first)

20 minute break

11:30 Girls 400m Relay –timed finals (slow heat first)
11:45 Boys 400m Relay –timed finals (slow heat first)
12:00 Girls 400m Dash – timed finals (slow heat first)
12:55 Boys 400m Dash – timed finals (slow heat first)
12:35 Girls 300m Hurdles - timed finals (slow heat first)
12:50 Boys 300m Hurdles - timed finals (slow heat first)
1:05 Girls 800m Run – timed finals (slow heat first)
1:25 Boys 800m Run – timed finals (slow heat first)

20 minute break

2:05 Girls 200m Dash
2:20 Boys 200m Dash
2:35 Girls 3200m Run -FINAL, 1 heat
2:55 Boys 3200m Run -FINAL, 1 heat
3:10 Girls 1600m Relay – timed finals (slow heat first, fast heat second)
3:20 Boys 1600m Relay – timed finals (slow heat first, fast heat second)

Presentation of Trophies

This worker form must be submitted to Meet Director (Tom Buckner – fax # 303-457-1119) by Tuesday, May 5th. Please be sure that your workers know what they are doing for the event they are supervising.

Schools in charge of field events please find one official that understands the rules of the event or help educate them on the basics rules of the event.

School _____

Event(s) responsible for _____

Names of Workers:

1. _____

2. _____

3. _____