

2010
REGION #2 TRACK & FIELD MEET
WEDNESDAY, MAY 12th – PLATTE CANYON (pole vault)
THURSDAY, MAY 13TH – HOLY FAMILY
SATURDAY, MAY 15TH – HOLY FAMILY

Entries must be made through Directathletics.com website. Entry deadline will be 11:00 am Fri. May 12th. Following the entry deadline, scratches can be made at the coaches' meeting - no substitutions will be made.

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 have your workers at the finish line for a volunteer meeting 30 minutes prior to the start of the meet each day.

1. Bishop Machebeuf - Hurdle Crew (you can use students)
2. Clear Creek – 3 Triple Jump
3. Denver Christian – 3 Long Jump
4. Denver Lutheran – 3 Shot Put/2 students
5. Faith Christian – 3 Discus/2 students
6. Holy Family – 3 Wind Gauges/Finish line
7. Kent Denver – 2 High Jump
8. Platte Canyon – 3 Corner Judges/Lane Judges
(must know lane violation rules)
9. Sheridan – 2 Results runners
10. Legend – 3 Exchange Judge & Corner/Lane Judges
(must know lane violation rules)

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 names must be submitted to Ben Peterson viva email (ben.peterson@holyfamilys.com) to be on the gate list.

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.

It is the responsibility of coaches and contestants to be aware of the events being called, the time of day, and events entered. The event official must be informed if the contestant leaves one event to participate in another event.

800 – 1600 – 3200 meters runs will be run in alleys if number warrant.

Coaches, managers, and teams are not allowed in the infield during the meet. Team camps may be set up on the west end of the stadium and not in the bleachers.

There will be a designated area set for 1 coach only in the infield near the high jump event.

Scoring 8 places Individual Scoring
10-8-6-5-4-3-2-1

Relay Scoring
10-8-6-5-4-3-2-1

DAILY AGENDA:

Wednesday, May 12th @ Platte Canyon, 2:00

Pole Vault Finals Girls and Boys (Coaches Meeting at 1:30)

Thursday, May 13th @ Holy Family, 3:30

Scratch and Coaches meeting at 2:45 p.m. Holy Family Cafeteria.

Preliminary Events:

**100m Hurdles
110m Hurdles
100m Dash
200m Dash**

Final Events:

**3200m Relay
1600m Run**

Preliminaries followed by finals:

**Girls-Long Jump
Boys-Triple Jump
Girls-High Jump
Boys-Discus/Girls Shot Put**

Saturday, May 15th @ Holy Family, 10:00

**Scratch and Coaches meeting at 9:15 a.m. Holy Family Cafeteria.
Finals for all running events that were not run as finals on Friday**

Preliminaries followed by finals:

**Girls-Triple Jump
Boys-High Jump
Girls-Discus/Boys Shot Put
Boys-Long Jump**

Minimum measurable distances for the throws:

**Shot-Boys 35 ft Girls 25 ft
Discus-Boys 100 ft Girls 70 ft**

THURSADY, MAY 13th, 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 time schedule below will be followed for the prelims and finals held on Thursday.

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
3:40 Girls 3200m Relay - timed finals
3:55 Boys 3200m Relay - timed finals
4:10 Girls 100m Hurdles - Heats determined by entries:
4:20 Boys 110m Hurdles - Heats determined by entries:
4:35 Girls 100m Dash - Heats determined by entries:
4:45 Boys 100m Dash - Heats determined by entries:
15 minute break
5:20 Girls 200m Dash - Heats determined by entries:
5:35 Boys 200m Dash - Heats determined by entries:
5:55 Girls 1600m Run - 2 Heats (if necessary), timed finals (slow heat first)
6:10 Boys 1600m Run - 2 Heats (if necessary), timed finals (slow heat first)

SATURDAY, MAY 15TH, 2009
@ HOLY FAMILY HIGH SCHOOL
Scratch and Coaches meeting at 9:15 a.m. Holy Family Cafeteria.

The time schedule below will be followed for the final event on Saturday.

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
10:20 Girls 100m Dash
10:30 Boys 100m Dash
10:40 Girls 800m Relay – timed finals (slow heat first)
10:50 Boys 800m Relay – timed finals (slow heat first)

20 minute break

11:15 Girls 400m Relay –timed finals (slow heat first)
11:25 Boys 400m Relay –timed finals (slow heat first)
11:35 Girls 400m Dash – timed finals (slow heat first)
11:50 Boys 400m Dash – timed finals (slow heat first)
12:05 Girls 300m Hurdles - timed finals (slow heat first)
12:15 Boys 300m Hurdles - timed finals (slow heat first)
12:30 Girls 800m Run – timed finals (slow heat first)
12:40 Boys 800m Run – timed finals (slow heat first)

20 minute break

1:05 Girls 200m Dash
1:15 Boys 200m Dash
1:20 Girls 3200m Run -FINAL, 1 heat
1:35 Boys 3200m Run -FINAL, 1 heat
1:50 Girls 1600m Relay – timed finals (slow heat first, fast heat second)
2:00 Boys 1600m Relay – timed finals (slow heat first, fast heat second)

Presentation of Trophies