



# 2013 SAINT FRANCIS HIGH SCHOOL TRACK AND FIELD INVITATIONAL SCHEDULE



## RUNNING EVENTS

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>SECTION</u>
1	8:00	3000M	WOMEN	HEAT #1
21	8:15	3000M	MEN	HEAT #1
47	8:30	<i>DIS. MED. (1200,400,800,1600)</i>	<i>F/S GIRLS</i>	<i>HEAT #1</i>
67	8:45	<i>DIS. MED. (1200,400,800,1600)</i>	<i>F/S BOYS</i>	<i>HEAT #1</i>
2	9:00	100 M HURDLES	WOMEN	HEAT #1-4
42	9:10	100 M HURDLES	F/S GIRLS	HEAT #1-3
22	9:20	110 M HI. HURDLES	MEN	HEAT #1-3
62	9:30	65 YD HI. HURDLES	F/S BOYS	HEAT #1-2
3	9:45	400 METER RELAY	WOMEN	HEAT #1-3
43	10:10	400 METER RELAY	F/S GIRLS	HEAT #1-2
63	10:20	400 METER RELAY	F/S BOYS	HEAT #1-2
23	10:30	400 METER RELAY	MEN	HEAT #1-3
4	10:40	1 MILE	WOMEN	HEAT #1-2
44	10:55	1 MILE	F/S GIRLS	HEAT #1-2
64	11:15	1 MILE	F/S BOYS	HEAT #1-2
24	11:30	1 MILE	MEN	HEAT #1-2
5	11:45	400 METERS	WOMEN	HEAT #1-6
45	12:00	400 METERS	F/S GIRLS	HEAT #1-3
65	12:10	400 METERS	F/S BOYS	HEAT #1-4
25	12:25	400 METERS	MEN	HEAT #1-6
78	12:40	CO-ED 800 METER RELAY	Varsity	HEAT 1-2
79	12:45	CO-ED 800 METER RELAY	F/S	HEAT 1

## LUNCH BREAK

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>SECTION</u>
6	1:15	100 METERS	WOMEN	HEAT #1-5
46	1:30	100 METERS	F/S GIRLS	HEAT #1-4
66	1:45	100 METERS	F/S BOYS	HEAT #1-5
26	2:00	100 METERS	MEN	HEAT #1-5
7	2:20	DIS. MED. (1200,400,800,1600)	WOMEN	HEAT #1
27	2:40	DIS. MED. (1200,400,800,1600)	MEN	HEAT #1
8	2:55	800 INVITATIONAL	WOMEN	HEAT #1
48	3:00	800 INVITATIONAL	F/S GIRLS	HEAT #1
68	3:10	800 INVITATIONAL	F/S BOYS	HEAT #1
28	3:15	800 INVITATIONAL	MEN	HEAT #1
9	3:25	800 MED (100,100,200,400)	WOMEN	HEAT #1-2
49	3:35	800 MED (100,100,200,400)	F/S GIRLS	HEAT #1-2
69	3:45	800 MED (100,100,200,400)	F/S BOYS	HEAT #1-2
29	3:55	800 MED (100,100,200,400)	MEN	HEAT #1-3
10	4:00	300 M HURDLES	WOMEN	HEAT #1-4
50	4:15	300 M HURDLES	F/S GIRLS	HEAT #1-3
70	4:25	300 M HURDLES	F/S BOYS	HEAT #1-3
30	4:35	300 M HURDLES	MEN	HEAT #1-4
11	4:45	1600 METER RELAY	WOMEN	HEAT #1-2
51	4:55	1600 METER RELAY	F/S GIRLS	HEAT #1
71	5:00	1600 METER RELAY	F/S BOYS	HEAT #1-2
31	5:10	1600 METER RELAY	MEN	HEAT #1-2



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## FIELD EVENTS

<u>EVENT</u>	<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>	<u>NOTES</u>
57	8:30 am	POLE VAULT	F/S GIRLS	START 5' 9", UP 1' 1 <sup>st</sup> 2, THEN 4"
14	9:00 am	LONG JUMP	WOMEN	15' MINIMUM, 12' BOARD ONLY
35	9:00 am	TRIPLE JUMP	MEN	36' MINIMUM, 36' BOARD ONLY
76	9:00 am	HIGH JUMP	F/S BOYS	START 5' 4"
77	9:30 am	POLE VAULT	F/S BOYS	START 8' 9", UP 1' 1 <sup>st</sup> 2, THEN 4"
13	10:00 am	SHOT PUT	WOMEN	30' MINIMUM
52	10:00 am	DISCUS	F/S GIRLS	60' MINIMUM
72	11:00 am	DISCUS	F/S BOYS	80' MINIMUM
33	11:30 am	SHOT PUT	MEN	40' MINIMUM
34	11:30 am	LONG JUMP	MEN	18' MINIMUM, 12' BOARD ONLY
56	11:30 am	HIGH JUMP	F/S GIRLS	START 4' 0
75	11:30 am	TRIPLE JUMP	F/S BOYS	34' MINIMUM, 32' BOARD ONLY
37	11:30 am	POLE VAULT	MEN	START 10' 9", UP 1' 1 <sup>st</sup> 2, THEN 4"
12	12:00 pm	DISCUS	WOMEN	85' MINIMUM
15	1:00 pm	TRIPLE JUMP	WOMEN	32' MINIMUM, 24' BOARD ONLY
36	1:00 pm	HIGH JUMP	MEN	START 5' 8"
53	1:00 pm	SHOT PUT	F/S GIRLS	20' MINIMUM
54	1:00 pm	LONG JUMP	F/S GIRLS	12' MINIMUM, 8' BOARD ONLY
32	1:30 pm	DISCUS	MEN	120' MINIMUM
16	2:00 pm	HIGH JUMP	WOMEN	START 4' 8
73	2:00 pm	SHOT PUT	F/S BOYS	35' MINIMUM
17	2:00 pm	POLE VAULT	WOMEN	START 7' 9", UP 1' 1 <sup>st</sup> 2, THEN 4"
55	3:00 pm	TRIPLE JUMP	F/S GIRLS	28' MINIMUM, 24' BOARD ONLY
74	3:00 pm	LONG JUMP	F/S BOYS	16' MINIMUM, 12' BOARD ONLY

- THE SCHEDULE LISTED ABOVE IS A GUIDELINE. **IF MEET MANAGEMENT HAS THE ABILITY TO RUN AHEAD OF SCHEDULE WE WILL DO SO.** IN THE PAST WE HAVE RUN UP TO **30 MINUTES AHEAD OF SCHEDULE**. IT IS VITAL THAT ALL ATHLETES PAY ATTENTION TO THE PA SYSTEM AND CHECK-IN AT 1<sup>ST</sup> CALL.
- HAVE YOUR ATHLETES READY TO CHECK INTO THE CLERK OF THE COURSE THROUGH THE WARM-UP FIELD AT LEAST **1 HOUR AHEAD OF THE START OF THE EVENT**. WE DO HAVE ALTERNATES THAT WOULD LIKE TO GET INTO THE RACE IF ATHLETES DO NOT SHOW UP ON TIME.
- **CHECK-IN CLOSES 20 MINUTES PRIOR TO THE START OF THE EVENT.** IF THERE ARE SCRATCHES OR NO-SHOWS, WE WILL ADD ALTERNATES AND RESEED THE EVENT. LANE AND HEAT ASSIGNMENTS WILL BE AVAILABLE 10 MINUTES BEFORE THE START OF THE EVENT.
- FIELD EVENTERS CHECK-IN AND REPORT TO THE EVENT THROUGH THE WARM-UP AREA. **THROWERS MUST HAVE THEIR IMPLEMENTS WEIGHED** PRIOR TO COMPETITION.
- **DO NOT CLIMB OVER FENCES.**
- PLEASE STAY OFF THE INFIELD. CANOPIES MAY BE SETUP IN THE STANDS ON EITHER SIDE OF THE TRACK. On THE SOUTH SIDE, PLEASE LEAVE ENOUGH ROOM FOR THE BOOTH TO SEE THE START AND FINISH LINES.
- PLEASE ADVISE ALL ATHLETES THAT THE CIF UNIFORM RULES WILL BE ENFORCED FOR THIS MEET.
- NO BALLS, FRESSSBIES, RADIOS, IPODS, CELLPHONES, ETC. ARE ALLOWED ON THE INFIELD.
- NO ONE WITH HEADPHONES WILL BE ALLOWED ON THE INFIELD OR TRACK.

THANK YOU.  
MEET MANAGEMENT