



2014 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	DIS. MED. (1200,400,800,1600)	F/S GIRLS	HEAT #1
67	8:45	DIS. MED. (1200,400,800,1600)	F/S BOYS	HEAT #1
2	9:00	100 M HURDLES	WOMEN	HEAT #1-4
42	9:15	100 M HURDLES	F/S GIRLS	HEAT #1-4
22	9:30	110 M HI. HURDLES	MEN	HEAT #1-4
62	9:55	65 YD HI. HURDLES	F/S BOYS	HEAT #1-3
3	10:10	400 METER RELAY	WOMEN	HEAT #1-3
43	10:20	400 METER RELAY	F/S GIRLS	HEAT #1-2
63	10:30	400 METER RELAY	F/S BOYS	HEAT #1-3
23	10:40	400 METER RELAY	MEN	HEAT #1-3
4	10:50	1 MILE	WOMEN	HEAT #1-2
44	11:10	1 MILE	F/S GIRLS	HEAT #1-2
64	11:25	1 MILE	F/S BOYS	HEAT #1-2
24	11:40	1 MILE	MEN	HEAT #1-2
5	11:55	400 METERS	WOMEN	HEAT #1-6
45	12:10	400 METERS	F/S GIRLS	HEAT #1-4
65	12:20	400 METERS	F/S BOYS	HEAT #1-4
25	12:35	400 METERS	MEN	HEAT #1-6
78	12:50	CO-ED 800 METER RELAY	VARSITY	HEAT 1-2
79	1:00	CO-ED 800 METER RELAY	F/S	HEAT 1

<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 (TOP 12)
48	3:00	800 INVITATIONAL	F/S GIRLS	HEAT #1 (TOP 12)
68	3:10	800 INVITATIONAL	F/S BOYS	HEAT #1 (TOP 12)
28	3:15	800 INVITATIONAL	MEN	HEAT #1 (TOP 12)
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 #1-2
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 #1-2
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 st 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' 0"
13	9:00 am	SHOT PUT	WOMEN	
32	9:00 am	DISCUS	MEN	
77	9:30 am	POLE VAULT	F/S BOYS	START 8' 9", UP 1' 1 st 2, THEN 4"
12	11:00 am	DISCUS	WOMEN	
33	11:00 am	SHOT PUT	MEN	
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 st 2, THEN 4"
15	1:00 pm	TRIPLE JUMP	WOMEN	32' MINIMUM, 24' BOARD ONLY
36	1:00 pm	HIGH JUMP	MEN	START 5' 8"
54	1:00 pm	LONG JUMP	F/S GIRLS	12' MINIMUM, 8' BOARD ONLY
53	1:00 pm	SHOT PUT	F/S GIRLS	
72	1:00 pm	DISCUS	F/S BOYS	
16	2:00 pm	HIGH JUMP	WOMEN	START 4' 8
17	2:00 pm	POLE VAULT	WOMEN	START 7' 9", UP 1' 1 st 2, THEN 4"
52	3:00 pm	DISCUS	F/S GIRLS	
73	3:00 pm	SHOT PUT	F/S BOYS	
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 1ST 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 30 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. ALL ATHLETES IN EACH FIELD EVENT MUST CHECK-IN AT THE DESIGNATED START TIME. THE EVENT WILL BE RESEED AT THE EVENT.
 - **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