

# **2009 CYO GRADE SCHOOL DIOCESAN TRACK MEET**

## **SCHEDULE**

- 12:00-12:30 PM - Coaches must report to the garage (near the starting line in the northwest corner) upon arrival. ALL changes to your previously submitted roster must be taken care of at this time. Please have event cards filled out completely.
- 12:15 PM - Coaches' Meeting at the middle of the Infield
- 12:25 PM - All teams & coaches should gather on the North end of the track
- 12:30 PM - Parade of Athletes & Coaches (gather on the North end of the track)
- Introduction/CYO Prayer
- National Anthem
- 12:40 PM - 1st call for field events & 100 M Cadet Boys
- 12:40 PM - Officials' Meeting at the Starting Line
- 12:45 PM - Presentation of CYO High School Track & Softball Awards
- 1:00 PM - Events will begin

## **ORDER OF EVENTS**

### BOYS' HIGH JUMP (Press Box side)

- a) 1:00 PM - Juniors  
b) \* Cadets

### GIRLS' HIGH JUMP

- a) 1:00 PM - Juniors  
b) \* Cadets

### SHOT-PUT

- a) 1:00 PM - Junior Boys  
b) \* Junior Girls  
c) \* Cadet Girls  
d) \* Cadet Boys

### DISCUS

- a) 1:00 PM - Junior Girls  
b) \* Junior Boys  
c) \* Cadet Boys  
d) \* Cadet Girls

### LONG JUMP (Pre-lims)

- a) 1:00 PM - Cadets Girls  
b) \* Cadet Boys  
c) \* Junior Girls  
d) \* Junior Boys  
e) • FINALS for all divisions

(\* ) - When first group has completed the event, the next group will be called.

# PRELIMINARIES

## 100 METER

1:00 PM - Cadet Boys  
\* - Cadet Girls  
\* - Junior Boys  
\* - Junior Girls

## 200 METER

2:00 PM - Cadet Boys  
\* - Cadet Girls  
\* - Junior Boys  
\* - Junior Girls

(\*) - When first group has completed the event, the next group will be called.

# FINALS BEGIN AT APPROXIMATELY 3:00 PM

Cadet Boys	1600 M Run	Cadet Boys	800 M Medley Relay (100, 100, 200, 400)
Cadet Girls	1600 M Run	Cadet Girls	800 M Medley Relay (100, 100, 200, 400)
Junior Boys	1600 M Run	Junior Boys	1600 M Relay (4x400)
Junior Girls	1600 M Run	Junior Girls	1600 M Relay (4x400)
Cadet Boys	100 M Run	Cadet Boys	800 M Run
Cadet Girls	100 M Run	Cadet Girls	800 M Run
Junior Boys	100 M Run	Junior Boys	800 M Run
Junior Girls	100 M Run	Junior Girls	800 M Run
Cadet Boys	400 M Run	Cadet Boys	800 M Relay (4x200)
Cadet Girls	400 M Run	Cadet Girls	800 M Relay (4x200)
Junior Boys	400 M Run	Junior Boys	800 M Relay (4x200)
Junior Girls	400 M Run	Junior Girls	800 M Relay (4x200)
Cadet Boys	400 M Relay (4x100)		
Cadet Girls	400 M Relay (4x100)		
Junior Boys	400 M Relay (4x100)		
Junior Girls	400 M Relay (4x100)		
Cadet Boys	200 M Run		
Cadet Girls	200 M Run		
Junior Boys	200 M Run		
Junior Girls	200 M Run		

# NOTICE TO ALL COACHES

All finals for individual events which have preliminaries will be chosen by the times established in the preliminary heats. Therefore, it could be possible that the runner winning one heat, whose time is slower than two runners in another heat, would be eliminated.

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WE ASK THAT ALL PARENTS AND FANS STAY BEHIND THE FENCES AT ALL TIMES.

EVERYONE IN THE BLEACHERS IS ASKED TO REMAIN SEATED AND NOT STANDING ALONG THE FENCE.

THERE WILL BE AN AREA IN THE SOUTH END OF THE BLEACHERS, NEAR THE FINISH LINE, RESERVED FOR COACHES.

*THERE WILL BE A COACHES' BOX (AREA) FOR EACH FIELD EVENT. ONE COACH FROM EACH PARISH WILL BE ALLOWED IN THIS AREA. IF AT ANY TIME A PARISH HAS MORE THAN ONE COACH IN THIS AREA, THAT PARISH WILL FORFEIT THEIR RIGHT TO ANY COACHES' BOX FOR THE REMAINDER OF THE MEET. ALL COACHES MUST BE WEARING THEIR CYO LANYARD IN ORDER TO BE IN THIS COACHES' BOX.*

THE TRACK MUST REMAIN CLEAR ONCE THE RACES BEGIN.

WE ASK COACHES TO KEEP THEIR TEAMS TOGETHER OUTSIDE THE TRACK.

NON-PARTICIPANTS ARE NOT PERMITTED INSIDE THE TRACK OR IN THE FINISH LINE AREA.

VIOLATIONS MAY LEAD TO DISQUALIFICATION.

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