

CATOCTIN YOUTH TRACK AND FIELD MEET

Date: Sunday, April 14, 2019
Location: Catoctin High School
Registration: 11:30 A.M. - 12:30 P.M.
Coaches Meeting: 12:45 P.M. Volunteer Meeting: 12:15 P.M.
Entry Fee: \$6.00 per athlete
Meet Starts: 1:00 p.m.
Age Groups: 6 & Under; 7/8; 9/10; 11/12; 13/14; 15/18

Age determined as of 12/31/16

Two Calls - "1st Call; 2nd Call" - Calls will be by Age Group - Girls, then Boys

of Events:

Track and field event for 6 & under - 2 Events

For 7/8 – 11/12 - 3 Events

For 13/14, 15/16, 17/18 - 4 Events

Relays do not count as an Event

Awards: Ribbons for Top Six Finishers!

Spikes: No spike nail can be longer than 1/4

Concession: Concessions will be sold.

Running Events:

1. 200 M Hurdles: (5 @ 30") 13/14
2. 80 M Hurdles: (8 @ 30") 11/12
3. 3000 M Run: 11/12, 13/14, 15/16, 17/18
4. 100 M Hurdles: (10) Boys 33" Girls 13/14 30", 15/18 33"
5. 800 M Run: 8&U, 9/10, 11/12, 13/14, 15/18
6. 50 M Run: 6 & Under
7. 100 M Dash (Final) 7/8, 9/10, 11/12, 13/14, 15/18
8. 1500 M Run: 7/8, 9/10, 11/12, 13/14, 15/18,
9. 200 M Run: 7/8, 9/10, 11/12, 13/14, 15/18
10. 400 M Run: 7/8, 9/10, 11/12, 13/14, 15/18
11. 4x100 Relay: 7/8, 9/10, 11/12, 13/14, 15/18

Field Events:

1. Shot Put: 7/8, 9/10, 11/12, 13/14, 15/18
2. Discus (after Shot): 11/12, 13/14, 15/18
3. Long Jump **OPEN PIT**
(Girls 1 PM-3PM Boys 3 PM-5 PM)
4. High Jump: 11/12 – 13/14 – 9/10 - 15/18

CRITICAL - ABSOLUTELY MUST BE ADHERED TO!

Coaches only on the infield.