

## 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 12/31/19

**Two Calls** - "1st Call; Final Call" - Calls will be by Age (Ex: 8 & Under, etc.)

### **# of Events:**

(2) Track and field event for 8 & under

(3) For 7/8 – 11/12

(4) For 13/14, 15/16, 17/18

**Awards:** Ribbons for Top Six Finishers!

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

**Concession:** Concessions will be sold.

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### **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) 8&U, 9/10, 11/12, 13/14, 15/18
8. 1500 M Run: 8&U, 9/10, 11/12, 13/14, 15/18,
9. 200 M Run: 8&U, 9/10, 11/12, 13/14, 15/18
10. 400 M Run: 8&U, 9/10, 11/12, 13/14, 15/18
11. 4x100 Relay: 8&U, 9/10, 11/12, 13/14, 15/18

### **Field Events:**

1. Shot Put: 7/8, 9/10, 11/12, 13/14, 15/18
2. Long Jump 6 & under, 13/14, 11/12, 9/10 & 7/8
3. High Jump: 11/12 – 13/14 – 9/10 - 15/18

**CRITICAL - ABSOLUTELY MUST BE ADHERED TO!**

Please limit parent and coach activity on the infield.