

# FORTY-FOURTH ANNUAL P.A.L. FINALS TRACK AND FIELD MEET

DATE: SUNDAY, MAY 17, 2009  
PLACE: JESUIT HIGH SCHOOL  
TIME: 10:00 A.M.

## EVENTS

### BOYS AND GIRLS

**ORDER OF EVENTS:**      **RUNNING:**      **FIELD EVENTS:**

70 YARD LOW HURDLES  
440 YARD DASH  
100 METER DASH  
880 YARD DASH  
220 y LOW HURDLES  
220 YARD DASH  
1 MILE RUN  
440 RELAY V/JV

LONG JUMP  
HIGH JUMP  
SHOT PUT

**CLASS OF COMPETITION:** THE MEET WILL BE RUN IN ONE OPEN CLASS EACH OF BOYS AND GIRLS AT THE SEVENTH THROUGH EIGHTH GRADE LEVELS. SIXTH GRADERS MAY PARTICIPATE. JV RELAY MEMBERS MAY NOT RUN OR PARTICIPATE IN ANY OTHER EVENTS.

**ENTRY LIMITATIONS:** EACH SCHOOL IS LIMITED TO THREE (3) PARTICIPANTS IN EACH EVENT, AND ONE RELAY TEAM. AN INDIVIDUAL MAY PARTICIPATE IN ANY FOUR (4) EVENTS. AN INDIVIDUAL MAY RUN BOTH THE 880 AND THE MILE.

**SPRINTS:** ALL SPRINT EVENTS (100, 220) WILL BE RUN IN FINAL HEATS. **NO TRIALS!** ALL HURDLE EVENTS (70, 220) WILL BE FINAL HEATS ALSO. TIMES SUBMITTED BY COACHES WILL DETERMINE HEAT AND LANE. (SLOWER HEATS FIRST - FASTER HEATS LAST.)

**RACES AND RELAYS:** 440 YARD DASH WILL BE RUN IN LANES USING A 2 TURN STAGGERED START. THE 880 AND MILE RUNS WILL USE A ONE TURN STAGGER, IN ALLEYS, AND WILL BE RUN AGAINST THE CLOCK. FASTEST HEAT LAST.

**FIELD EVENTS:** THE PARTICIPANTS WILL BE GIVEN 3 ATTEMPTS WITH THEIR BEST MARK DETERMINING THEIR PLACE IN THE COMPETITION. THE HIGH JUMP WILL BE RUN UNDER THE STANDARD HEIGHT ELIMINATION; OPENING HEIGHTS: GIRLS-3FT 6" BOYS-4FT 2"  
THE BAR WILL BE RAISED IN 2 INCH INCREMENTS UNTIL ONE PARTICIPANT IS LEFT IN THE COMPETITION. 1 INCH THEREAFTER. 3 ATTEMPTS PER HEIGHT. AN ATHLETE MAY CHOOSE TO PASS ON A HEIGHT. THREE CONSECUTIVE MISSES WILL RESULT IN ELIMINATION.

