

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

DATE: SUNDAY, MAY 15, 2011
PLACE: JESUIT HIGH SCHOOL
TIME: 10:00 A.M.

EVENTS BOYS AND GIRLS

ORDER OF EVENTS:

RUNNING:

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

FIELD EVENTS:

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 SIXTH THROUGH EIGHTH GRADE LEVELS.

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. 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.

