

Parochial Athletic League

TRACK AND FIELD SEASON 2009

DATES:	APRIL	5	ALL MEETS IN APRIL BEGIN AT 1:00 P.M.
	APRIL	19	(Please do <u>NOT</u> arrive before 12 noon!)
	APRIL	26	
	MAY	3	CATHOLIC SCHOOL RELAYS - 10:00 A.M.
	MAY	9	P.A.L. JV CHAMPIONSHIP - 10:00 A.M. (* Saturday)
	MAY	17	P.A.L. CHAMPIONSHIP - 10:00 A.M.

LOCATION: ALL MEETS WILL BE HELD AT JESUIT HIGH SCHOOL. The site supervisor will open the facility approximately **60 minutes** prior to the start of competition. **Everyone should park in the Jesuit student/gym parking lot located off Fair Oaks Boulevard at Gordon Lane. No parking at the lower field.**

Special Note: The football field / infield is for officials and participants use ONLY!!!

ORDER OF EVENTS: RUNNING EVENTS

GIRLS - 70 YARD LOW HURDLES
BOYS - 70 YARD LOW HURDLES
GIRLS - 440 YARDS
BOYS - 440 YARDS
GIRLS - 100 METERS
BOYS - 100 METERS
GIRLS - 880 YARDS
BOYS - 880 YARDS
GIRLS - 220 YARD LOW HURDLES
BOYS - 220 YARD LOW HURDLES
GIRLS - 220 YARDS
BOYS - 220 YARDS
GIRLS - MILE
BOYS - MILE
GIRLS - 440 YARD RELAY
BOYS - 440 YARD RELAY

FIELD EVENTS

LONG JUMP
HIGH JUMP
SHOT PUT
*Competitors have 10 minutes after checking out of an event to report back to the event official to finish the competition.

NOTE: DURING THE APRIL MEETS, THE JUNIOR VARSITY (5TH AND 6TH GRADERS) WILL BE ALLOWED TO COMPETE IN ALL THE EVENTS. THE 5TH AND 6TH GRADE HEATS WILL FOLLOW THE 7TH/8TH GRADES HEATS FOR ALL EVENTS WHERE LANES ARE ASSIGNED. FOR THE RELAY AND CHAMPIONSHIP MEET, 6TH GRADERS CAN COMPETE AND SCORE FOR THE VARSITY TEAM. IN THE RELAY MEET, IF A 6TH GRADER RUNS IN THE JV RELAY THEY MAY NOT RUN IN ANY VARSITY EVENTS FOR THAT MEET BUT MAY RUN VARSITY THE FOLLOWING MEET. I RECOMMEND THE FOLLOWING EVENTS: 100, 220, 440 relay, LONG JUMP. THESE EVENTS ARE USUALLY RUN AFTER THE VARSITY HAVE COMPLETED THEIR EVENTS.

NO SCORING WILL TAKE PLACE DURING THE APRIL MEETS.

Meet cancellation: Please check the PAL Boys Website at www.jhssac.org - click Admissions on the lower menu. This bring you into the Admissions page with menu on left listing PAL. Click on PAL to enter the Boys Website. Click on Track for the specific page. Notes regarding meet schedules, events, etc. will be listed on this page. Please check this page on the day of a meet. Directions and notes regarding meets will be posted on this site. Meets may be cancelled due to rain/track conditions up to an hour prior to the scheduled meet start time. During a meet, only lightning or unsafe conditions will cause a meet to be cancelled.