

2009 - DVCL - CYO TRACK & FIELD SECTIONAL CHAMPIONSHIP

DIABLO VALLEY JR. COLLEGE

May 1 - 2 , 2009

8:45 am Presentation of Colors & Opening Prayer

**Order of Track Events**      *All Athletes will have their name tag w #, Name & Parish.*

(Staging for Track Events May 2 @ North end of track on Softball field behind the Snack Bar, Medley @ 30 yd line)

<b>1600 meter</b>	( 6:00 pm on <b>5/1</b> )	3G 4G 3B 4B 5G 6G 5B 6B 7G 8G 7B 8B
	(First call 5: 45 pm) Staged on the field.-	
<b>4 X 100 Relay</b>	(9 a.m. on <b>5/2</b> )	<b>3G 3B</b> 4G 5G 6G 7G 8G 4B 5B 6B 7B 8B
	(First call 8:45 am)	
<b>400 Meter</b>	( 10:00 am on <b>5/2</b> )	3G 4G 5G 6G 7G 8G 3B 4B 5B 6B 7B 8B
<b>50 Meter</b>	( 10:45 am on <b>5/2</b> )	3G 4G 5G 3B 4B 5B
<b>100 Meter</b>	( 11:05 am on <b>5/2</b> )	<b>8G 7G 6G 5G 4G 3G</b> 3B 4B 5B 6B 7B 8B
<b>800 Meter</b>	( 12:05 on <b>5/2</b> )	3G 4G 5G 6G 7G 8G 3B 4B 5B 6B 7B 8B
<b>200 Meter</b>	( 1:00 pm on <b>5/2</b> )	3G 4G 5G 6G 7G 8G 3B 4B 5B 6B 7B 8B
<b>4 X 400 Meter Relay</b>	( 1:30 pm on <b>5/2</b> )	5/6/7/8 Girls 5/6/7/8 Boys
		The top 4 fastest teams will advance to Diocese Championships
<b>Sprint Medley</b>	( 2:15 pm on <b>5/2</b> )	3/4/5/6/7/8 Girls 3/4/5/6/7/8 Boys
	(Staged on the field starting at the 30 yard line)	

PLEASE NOTE.....All runners including the Alternates must check in when the First call is made for any TRACK EVENT. The ALTERNATE will be called and placed in position by the Clerk of the Course. behind the vacancy. When it is time to move the runners for each race and the qualified runner is not there only then will the Alternate be placed

*Once the Clerk of the Course has moved the runners to the starting positions. there are NO Changes.*

**Order of Field Events**

All FIELD EVENTS will be run by age group and gender.. NO FIELD EVENT will be run an OPEN TIME Practice begins at **8:45 a.m.** for first scheduled age group for High Jump, Shot Put & Softball throw. **9:15 for L J.** No athletes or coaches are to be on the Black area beside the 100 Meter running area. (*Please advise your athletes*) **IMPORTANT:** Athletes called to a field event should report in & advise Venue Official when they have a running time conflict. Explain to the Venue official before leaving which track event it is. Please make sure the athlete reports back to the field event as soon as the running event is completed **to ensure the event is not closed without you.** **Field Judge will note the event on the sheet you are leaving for. All alternates compete in Field Events.**

<b>LONG JUMP - BOYS</b>	( 9:15 am on 5/2)	<b>PIT # 1</b> (South end of field)	<b>3G 4G 5G 6G 7G 8G</b>
	(First call after the 4x100 3B Boys Relay)		
<b>LONG JUMP - GIRLS</b>	( 9:15 am on 5/2)	<b>PIT # 2</b> (South end of field)	<b>3B 4B 5B 6B 7B 8B</b>
	(First call after the 4x100 3G Girls Relay)		
<b>HIGH JUMP</b>	(9 a.m. on 5/2)	First call 8:45 am (North end of field	5/6G 7/8G
<b>HIGH JUMP</b>	( 9 a.m. on 5/2)	First call 8:45 am (South end of field)	5/6B 7/8B
<b>SHOT PUT</b>	( 9 a.m. on 5/2))	(North end @ Shot Arena off track)	<b>7/8B</b> 5/6B 5/6G 7/8G
	First call 8:45 am		
<b>SOFTBALL THROW</b>	( 9 a.m. on 5/2)	(North end of field @ Goal posts)	8G 7G 6G 5G 4G 3G
2 venues	First call 8:45 am	Both G & B will throw at same time	8B 7B 6B 5B 4B 3B

**ALL START TIMES ARE APPROXIMATE FOR RUNNING EVENTS** REV 4/23/09