

LEAGUE AND DIVISIONAL MEETS

If you are HOSTING THE MEET, score sheets are provided by the league. You supply a STARTER, CLERK OF THE COURSE, SCORE KEEPERS and be sure to have a FINISH LINE.

After the meet Host Schools send the six score sheets to:

PACIFIC HEALTH ALLIANCE
ATTN: LARRY CAPPEL
1350 OLD BAYSHORE HWY.
Suite 560
BURLINGAME, CA. 94010
FAX 375-5820

If you are working a FIELD EVENT paperwork is provided. YOU NEED TO SUPPLY
LONG JUMP-----BROOM, RAKE, & a 25' TAPE.
HIGH JUMP-----BROOM & a 6' TAPE
SHOT PUT-----BROOM & a 50' TAPE

Each school will provide TIMERS AND LANE JUDGES.

ATTN TIMERS. While times are great. PLACES ARE MOST IMPORTANT!

DO NOT TIME THE LANES! TIME THE PLACES!

1)CLERK: Get groups of athletes lined up in advance to keep the meet running on time.

Get lane assignments in advance so you can set them in the lanes.

Be sure the HIGH JUMP starts on time and keeps moving.

FIELD EVENTS--1 1/2 minutes to complete JUMP or PUT after name is called.

2) If heats are run, only the first heat is scored. Example: If you have 2 or more heats in the 6th grade 100M, only the the first heat is scored. Each school should put their best in the first heat.

3) Coaches need to be at the league meets early enough to fill out the score cards and turn in their roster.

4) Athletes will be given one false start, then a D.Q.

5) Factors such as weather or smaller number of athletes may cause a meet to run ahead of schedule. **Meets will not be held up waiting for athletes to show.**

Meets must not start before 12:30

Other times are only a suggestion. Weather or other factors , such as combining events or starting the running events during the field events may cause an event to start earlier then listed. Events will not be held up waiting for athletes to arrive.

EVENT SCHEDULE FOR LEAGUE AND DIVISIONAL MEETS

	HIGH JUMP	LONG JUMP	SHOT PUT
12:30 PM	8th Girls	6th Girls	6th Boys
12:50 PM	7th Girls	6th Boys	6th Girls
1:10 PM	6th Girls	7th Girls	7th Boys
1:30 PM	6th Boys	8th Boys	7th Girls
1:50 PM	7th Boys	8th Girls	8th Girls
2:10 PM	8th Boys	7th Boys	8th Boys

2:15PM	4x100 METER RELAY	The 800 or 1600 --
2:45PM	800 METER RUN	you may combine grades.
3:20PM	100 METER	
3:35PM	400 METER RUN	
3:55PM	1600 METER RUN	
4:25PM	200 METER RUN	
4:40PM	4x400 RELAY	

ORDER OF RUNNING EVENTS

6th GRADE GIRLS
7th GRADE GIRLS
8th GRADE GIRLS
6th GRADE BOYS
7th GRADE BOYS
8th GRADE BOYS

SCHOOLS RESPONSIBILITY:

- #1---RUN, SCORE AND OFFICIATE MEETS
- #2---LONG JUMP
- #3---SHOT PUT
- #4---HIGH JUMP
- #5---AS NEED

**THE DIVISIONAL MEETS
MAY 1, 2011**

NORTH

CAPUCHINO HIGH

**ALL SOULS
ST. VERONICA
ST. DUNSTAN
OUR LADY OF ANGELS
ST. ROBERT**

CENTRAL

SAN MATEO HIGH

**ST. CATHERINE
ST. MATTHEW
ST. TIMOTHY
ST. GREGORY
IMMACULATE HEART**

SOUTH

SEQUOIA HIGH

**ST. PIUS
ST. RAYMOND
NOTRE DAME
NATIVITY
MT. CARMEL
ST. CHARLES**

**Each school will provide 2 timers or place judges and one lane judge.
The timers or judges for each place will be from different parish schools. If there are insufficient timers, be sure two are used for 3rd and 4th place.**

HIGH JUMP

Mt. C. – N.D.

GREGS – IHM

ROBT – OLA

LONG JUMP

CHAR – NAT

MATT – CATH

DUN – VER

SHOT PUT

RAY MONDS

TIMS

ALL SOULS – DUN

Score cards will be provided by the league.

Coaches should be at the track in ample time so that the meet can be started on time.

Order and times of events are the same as league meets.

DIVISIONAL MEET DIRECTORS

SOUTH CARLOS DeMARCHENA

CENTRAL DICK FURRER

NORTH LARRY CAPPEL – FRANK DeFILIPPO

Meet at Dick Furrer's home right after the meets to put the championship program together. There will be food and beverage.