

**KNIGHTS OF COLUMBUS –
FR. THOMAS LYONS COUNCIL #5696
ANNUAL TRACK MEET**

IMPORTANT INFORMATION – *Please read carefully*

DATE: Saturday, March 10, 2012
TIME: 7:45 a.m. – ALL SCHOOL COACHES CHECK-IN
9:00 a.m. – First race

WHERE: Damien High School
2280 Damien Avenue
La Verne, CA 91750

AWARDS: First, Second and Third place ribbons will be given for each heat. Medals will be given to first, second and third places in each event. All athletes who do not receive a ribbon or a medal will receive a participation ribbon.

ENTRY INFORMATION:

1. School Entry Form and \$150.00 entry fee due by March 1, 2012.
2. Attached is a template for the participant/event labels. It is formatted for Avery 5160 labels or equivalent.
3. Each participant can enter two running events, one field event, and one relay.
4. Each school is allowed a maximum of twelve relay teams (*As follows*):

Exception: 4x100M for 3rd & 4th grade boys & girls combo

<u>4x100M</u>	<u>4x400M</u>
<i>JV Boys</i>	<i>JV Boys</i>
<i>Varsity Boys</i>	<i>Varsity Boys</i>
<i>JV Girls</i>	<i>JV Girls</i>
<i>Varsity Girls</i>	<i>Varsity Girls</i>

MEDLEY RELAY (100M, 200M, 400M)

JV Boys
Varsity Boys
JV Girls
Varsity Girls

5. Submit fees to: Sam Capuano, 6045 Via Toledo, La Verne, CA 91750. Telephone (909) 596-2360.

MEET REQUIREMENTS:

- CIF Rules apply
- Every event will be final. Times will determine winners. Winners will be announced after all times are recorded.
- No spikes or cleats (including rubber) will be allowed. Waffle-soled shoes are acceptable.

ADMISSION FEE: \$3.00 – Adult Children – Free

Full Service snack bar sponsored by the Knights of Columbus on site.

SCHEDULE OF EVENTS

TIMES ARE APPROXIMATE

IMPORTANT NOTE: *If an athlete is scheduled to run a race and participate in a field event, have the athlete check in for the field event and tell the official in charge that he or she has a race to run. The athlete will be allowed to complete the field event after the student finishes the running event.*

FIELD EVENTS – 7:45 a.m. – CHECK-IN

ALL GRADES

9:00 a.m.	Softball Throw	Girls	3 rd & 4 th Grades
		Boys	3 rd & 4 th Grades
9:00 a.m.	Long Jump	Girls	3 rd & 4 th Grades
			5 th & 6 th Grades
		Boys	3 rd & 4 th Grades
			5 th & 6 th Grades
9:00 a.m.	Shot Put	Girls	7 th & 8 th Grades
		Boys	7 th & 8 th Grades
9:00 a.m.	Shot Put	Girls	5 th & 6 th Grades
		Boys	5 th & 6 th Grades
		Girls	7 th & 8 th Grades
		Boys	7 th & 8 th Grades

RUNNING EVENTS – 7:45 a.m. – CHECK-IN

ALL GRADES

9:00 a.m.	1600M	Boys	Junior Varsity
			Varsity
9:00 a.m.	1600M	Girls	Junior Varsity
			Varsity
9:30 a.m.	200M	Boys & Girls	3 rd & 4 th Grades
		Boys & Girls	Junior Varsity
		Boys & Girls	Varsity
10:30 a.m.	400M	Girls	Junior Varsity
		Boys	Junior Varsity
		Girls	Varsity
		Boys	Varsity
10:30 a.m.	100M	Boys & Girls	3 rd & 4 th Grades
1130 a.m.	800M	Girls	Junior Varsity
		Boys	Junior Varsity
		Girls	Varsity
		Boys	Varsity

Schedule of events – continued

11:30 a.m.	100M	Girls Boys Girls Boys	Junior Varsity Junior Varsity Varsity Varsity
1:00 p.m.	Medley (50/50/100/200)	Boys & Girls	3 rd & 4 th Grades
1:30 p.m.	Medley (100/100/200/400)	Girls Boys Girls Boys	Junior Varsity Junior Varsity Varsity Varsity
2:30 p.m.	4x100M Relay	Girls & Boys Girls Boys Girls Boys	3 rd & 4 th Grades Junior Varsity Junior Varsity Varsity Varsity
3:30 p.m.	4x400M Relay	Girls Boys Girls Boys	Junior Varsity Junior Varsity Varsity Varsity
4:30 p.m.	CLOSING CEREMONIES		

ALL EVENT TIMES ARE APPROXIMATE