

TIME	3:30	CLERKING FOR ALL EVENTS
	3:45	START ALL RUNNING EVENTS. SOPH HIGH JUMP, SOPH LONG JUMP AND SOPH SHOT PUT. FRESHMEN DISCUS, AND POLE VAULT.

TEAM AWARDS:	SOPHOMORE DIVISION -	TOP THREE TEAMS
	FRESHMEN DIVISION	TOP TWO TEAMS

CLOSING DATE: ENTRY DUE DATE IS TUESDAY ,MAY 12th,2015
ENTRIES MUST BE ACCOMPANIED WITH A CHECK OR PURCHASE ORDER.

TELEPHONE: 5166619444(Bernard) 7165104848(Victor)
345-9265 School

___ FROSH.100METERDASH	___ SOPH. 100 METER DASH
___ FROSH 200 METER DASH	___ SOPH. 200 METER DASH
___ FROSH400METERRUN	___ SOPH 400 METER RUN
___ FROSH. 800 METER RUN	___ SOPH 800 METER RUN
___ FROSH 1600 METER RUN	___ SOPH 1600 METER RUN
___ FROSH 110 HIGH HURDLES	___ SOPH 110 HIGH HURDLES
___ FROSH 400 INTER. HURDLES	___ SOPH 400 INTER. HURDLES
___ FROSH 2000M STEEPLECHASE	___ SOPH 2000M STEEPLECHASE
___ FROSH 3200 METER RUN	___ SOPH 3200 METER RUN
___ FROSH LONG JUMP	___ SOPHPOLEVAULT
___ FROSH TRIPLE JUMP	___ SOPHSHOTPL~
___ FROSH POLE VAULT	___ SOPH DISCUS
___ FROSH HIGH JUMP	___ SOPH HIGH JUMP
___ FROSH SHOT PUT	___ SOPH TRIPLE JUMP
___ FROSH DISCUS	___ SOPH LONG JUMP

FROSH/SOPH EVENTS WILL COUNT AS SOPHOMORE EVENTS

TOTAL _____

---SCHOOLS WILL ALSO BE ASSESSED AN EQUAL OFFICIALS FEE BY SECTION XI ..

GIRLS' *FROSH/SOPH* CHAMPIONSHIPS

3:30	SOPH	400 INTERMEDIATE HURDLES	FINAL
	FROSH	400 INTERMEDIATE HURDLES	FINAL
4:00	Open	STEEPLECHASE	FINAL
4:15	SOPH	100 METER DASH	SEMI-FINAL
	FROSH	100 METER DASH	SEMI-FINAL
4:45	SOPH	1500 METER RUN	FINAL
5:05	SOPH	100 METER HIGH HURDLES	SEMI - FINAL
	FROSH	100 METER HIGH HURDLES	SEMI - FINAL
5:25	FROSH	1500 METER RUN	FINAL
5:35	SOPH	100 HIGH HURDLES	FINAL
	FROSH	100 HIGH HURDLES	FINAL
5:45	SOPH	100 METER DASH	FINAL
	FROSH	100 METER DASH	FINAL
6:00	SOPH	800 METER RUN	FINAL
	FROSH	800 METER RUN	FINAL
6:15	SOPH	400 METER RUN	FINAL
	FROSH	400 METER RUN	FINAL
6:30	SOPH	200 METER DASH	FINALS
6:40	FROSH	200 METER DASH	FINALS
6:55	FROSH/SOPH	3000 METER RUN	ONE SECTION FINAL
7:15	FROSH/SOPH	1500 METER WALK	ONE SECTION FINAL
7:30	FROSHISOPH	4X800 METER RELAY	ONE SECTION FINAL
7:45	FROSH/SOPH	4X400 METER RELAY	FINAL
8:00	FROSHISOPH	4X100 METER RELAY	FINAL

NO MODIFIED PARTICIPANTS MAY COMPETE IN THE MEET.

VERBAL SEEDING WILL BE USED TO SEED ATHLETES. ALL COMPETITORS MUST HAVE A COMPETITORS LABEL

COMPETITOR LABELS MUST HAVE THE ATHLETES NAME AND COMPETITOR NUMBER.

RELAY CARDS WILL BE RETURNED IN ONCE THE EVENT IS CALLED.

UNLESS SPECIFIED, ATHLETES MUST COMPETE IN THEIR OWN DIVISION. FRESHMEN MAY COMPETE IN ALL EVENTS THAT ARE DESIGNATED AS (FROSHISOPH). ALL TEAM POINTS WILL BE AWARDED IN THE SOPHOMORE DIVISION.

SEEDED SECTIONS WILL RUN FIRST.

TOP 18 COMPETITORS IN THE 100, 200, AND HIGH HURDLES WILL BE SEDED. ALL OTHERS WILL RUN AS NON-SCORERS.

NO FINALS IN FIELD EVENTS. (SOPH. SHOTPUT & FRESHMEN DISCUS WILL BE CONTESTED AT THE SAME TIME).

PLEASE USE 3X5 INDEX CARDS FOR ALL FIELD EVENTS.

HIGH JUMP WILL START AT (4'0"-4'3"-4'6"-4'8"-4'10").

POLE VAULT WILL START AT (6'6" -7'0"-7'6"-8'0" - 8'6"-9'0" ETC.)

CLERKING WILL BE CONDUCTED ON THE NORTH SIDE OF THE TRACK

ONLY 3/16" SPIKES ARE PERMITTED ON SHOES & BLOCKS.

CONCESSION STAND WILL BE OPEN FOR FOOD AND DRINKS

FROSH/SOPH T-SHIRTS WILL BE SOLD

ATHLETES' MAY ONLY COMPETE IN THREE EVENTS !

3:30 SOPH HIGH JUMP followed by FROSH HIGH JUMP, SOPH LONG JUMP & FROSH LONG JUMP
 ,SOPHMORE TRIPLE JUMP & FROSH TRIPLE JUMP, SOPHMORE SHOT PUT followed by FROSH
 SHOT PUTT ,FROSH DISCUS followed by SOPH DISCUS, SOPHMORE POLE VAULT followed by
 FROSH POLE VAULT
 FROSH. TO FOLLOW SOPH EVENTS .. 2 RUNWAYS FOR LONG and TRIPLE JUMP

A REMINDER THAT ONCE AN ENTRY FEE IS ACCEPTED, THE ENTRY FEE SHOULD FOLLOW,
 THE FEE IS AN ENTRY FEE AND NOT A PARTICIPATION FEE.

****ANY TEAM THAT OWES FOR PAST YEARS, MUST MAKE PAYMENTS BEFORE ENTRY****

