

WESTERN City Conference Track Prelims 2013

League: WESTERN

RUNNING EVENTS 3:30 PM FIELD EVENTS 3:30 PM

SCHOOL RESPONSIBILITIES AND SCHOOL ASSIGNMENTS

UCHS Meet Management and Track Set-up

SERRA Clerk of the Course

CATHEDRAL Assistant Clerk

CATHEDRAL Announcer

LA JOLLA // CATHEDRAL Trainers

All Head Coaches Jury of Appeal

UCHS Hurdle/Block Crew

JOHN HUTSEL UCHS Head Timer

FIELD EVENT TIMES

UCHS ** Girls Shot Put(plus 3 students) –

3:30

UCHS ** Boys Shot Put(plus 3 students) –

5:30

SERRA ** Girls LJ & TJ (plus 4 students)

3:30 TJ 5:30 LJ

OLP ** Boys LJ & TJ(plus 4 students)

3:30 TJ 5:30 LJ

LA JOLLA ** Girls High Jump(plus 2 students)

5:30

OLP ** Boys High Jump(plus 2 students)

5:30

CATHEDRAL ** Girls Discus (plus 3 students) –

5:30

CATHEDRAL ** Boys Discus (plus 3 students) –

3:30

SAINTS ** Pole Vault (plus 3 students) –

3:30 GIRLS 5:30 BOYS

Note: ** indicates those schools running field events. You need to supply your own tape measure, clip board and pencils as well as an Adult and helpers

OPENING HEIGHTS:

HJ: GIRLS 4' 0"; BOYS 5' 0"

PV: GIRLS 6' 6"; BOYS 9' 0"

FIELD EVENT JUMPS & THROWS PRELIMS: 3 ATTEMPTS ONLY

FINALS: 3 PRELIM ATTEMPTS WITH 9 TO FINALS[3 ATTEMPTS IN INVERSE ORDER]

800 1 TURN STAGGER - 2 ALLEYS [12 TO FINALS]

1600/3200 - 2 ALLEYS [12 TO FINALS IN 1600]