

ST. VERONICA 5TH GRADE TRACK INVITATIONAL 2017

Saturday, April 22nd - Mills High School 12:00 Noon

1. Only 5th Grade Students are allowed to participate.
2. Events: 100 Meters, 200 Meters, 400 Meters, 800 Meters, 1600 Meters, 4X100 Meter Relay, 4X400 Meter Relay, High Jump, Long Jump, and Shot Put.
3. Each athlete may participate in a maximum of **THREE** events. If the athlete is in three events, **ONE** must be a **RELAY**. Being listed as an alternate for a relay counts as an event.
4. **Field events will be run first; Girls in Long Jump, Boys in High Jump and Shot Put will start the Meet. One warm up jump/put per competitor. Warm ups can start at 11:30am, the competition will start at 12 noon or when all competitors have completed one warm up.** If an athlete is participating in another event that conflicts with their jumps/puts, they or a coach must request to be excused by the officials. Excused competitors will be given all practice and legal tries. If a competitor is late without an official excuse they will be allowed one warm up and then join the competition in its current round/height and forfeit the previous rounds. **Limit is 3 competitors per event.**
5. **Running will start at 2:30pm.** The order of running events will be: 4X100R, 800M, 100M, 400M, 1600M, 200M, 4X400R. For each race the order will be Girls then Boys. There is no limit to the number of competitors in running events.
6. Opening height for High Jump: Girls 3'0", Boys 3'4". The bar is moved two inches from the opening height the first four times and one inch each time thereafter
7. Scoring will be 10-8-7-6-5-4-3-2-1. Only one competitor from each school can score in each event. **All heats will be eligible to score.** Your competitors will be placed in the heats by the order in which they are listed on your roster for each event. So please list your fastest runners first for each event on your roster.
8. Plaques will be given to 1st, 2nd, and 3th place Girls, Boys and Overall Team Winners. Ribbons will be given to the 1st, 2nd, 3rd, 4th and 5th place finishers in each event.
9. Each school must provide one timer, one lane judge and one field judge.
10. Field responsibilities:

LONG JUMP	HIGH JUMP	SHOT PUT
St. Dunstan	St. Catherine	All Souls
St. Veronicas	Nativity	St. Timothy
St. Roberts	ST. Gregorys	St. Raymonds
St. Charles	OLA	Mt. Carmel
IHM	Notre Dame	St. Pius
St. Matthews	St. Cecilia	

11. ***The Fee is \$55 and must be received by April 3rd.***
12. Your roster must be e-mailed by ***April 19th to Frank De Filippo and Michael Rockwell along with the Hy-Tek form from Michael Rockwell.*** The roster form will be the same one used for the weekly track meets. Changes may be made up to 30 minutes prior to the scheduled starting time for each event. Score card and roster must match.

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