

EASTERN City Conference Track Prelims 2013

League: EASTERN

RUNNING EVENTS 4:00 PM FIELD EVENTS 3:00 PM

SCHOOL RESPONSIBILITIES AND SCHOOL ASSIGNMENTS

P. HENRY Meet Management and Track Set-up

P. HENRY Clerk of the Course

MIRA MESA/ MORSE Assistant Clerk and Results[including Posting]

MIRA MESA Announcer

P. HENRY Trainers

All Head Coaches Jury of Appeal

SCRIPPS/P.HENRY/PT.LOMA Hurdle/Block Crew

PAUL SWANSON MIRA MESA Head Timer Maxwell - P.Henry as Back-up

FIELD EVENT TIMES

PT. LOMA / MORSE ** Girls Shot Put(plus 3 students) –

3:00

PT. LOMA / MORSE ** Boys Shot Put(plus 3 students) –

5:00

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

3:00 TJ 5:00 LJ

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

3:00 TJ 5:00 LJ

SCRIPPS RANCH ** Girls High Jump(plus 2 students)

5:00 ?? FOLLOWING BOYS

SCRIPPS RANCH ** Boys High Jump(plus 2 students)

3:00 GIRLS TO FOLLOW

AT FINALS FRIDAY ** Girls Discus (plus 3 students) –

SCRIPPS RANCH 3:00 - 4:30

AT FINALS FRIDAY ** Boys Discus (plus 3 students) –

SCRIPPS RANCH 4:30 - 6:00

AT FINALS FRIDAY ** Pole Vault (plus 3 students) –

WHO ????

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' 1"; BOYS 5' 1"

PV: GIRLS & BOYS TBD

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]

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