TO: TRACK COACHES AND PRINCIPALS

FROM: RUSS PAINTER, (559-907-6742)

 FRESNO COUNTY TRACK AND FIELD COMMITTEE

RE: 2022 RULES AND REGULATIONS

 WE ARE ATTEMPTING THIS YEAR TO RESTART THE TRACK PROGRAM THAT IS ORGANIZED AND ADMINISTERED BY THE FRESNO COUNTY TRACK AND FIELD COMMITTEE AFTER HAVING OUR PROGRAM PUT ON HIATUS DUE TO COVID IN 2020 AND 2021. EVEN AT THIS WRITING WE ARE UNCERTAIN OF OUR ABILITY TO PUT ON THE PROGRAM IN 2022, BUT WE ARE MOVING FORWARD AS IF WE WILL BE ABLE. THIS RULES PACKET AND SCHEDULE PRESENTS IMPORTANT INFORMATION FOR OUR PROGRAM—ESPECIALLY THE AGE GROUPS (AND BIRTHDATES) THAT WILL BE IN USE THIS SEASON.

 I HAVE SERVED AS CHAIRMAN OF THIS GROUP FOR MANY YEARS. DURING THE PANDEMIC MY WIFE AND I HAVE MOVED TO IDAHO SO IT IS TIME FOR SOMEONE ELSE TO ASSUME THESE DUTIES. I AM HAPPY TO HELP WHERE AND WHENEVER POSSIBLE. IT IS MY SUGGESTION THAT INTERESTED COACHES GET TOGETHER NEXT FALL TO REVIEW AND PLAN FOR THE 2023 SEASON SO THAT THIS ORGANIZATION AND THE SERVICE IT PROVIDES CAN REMAIN RELEVANT AND IMPORTANT TO THE ELEMENTARY TRACK ATHLETES THAT IT SERVES.

### 2022 EXECUTIVE BOARD

**CHAIRMAN—**HASKALL HENSON—SELMA (RETIRED)

**VICE-CHAIRMAN** –RUSS PAINTER—MANCHESTER (RETIRED)

**COMMITTEE MEMBERS**-- **FRESNO CITY**, -STEPHANIE GANZENHUBER-GILMORE

 NICK SOLIS—BULLARD HIGH SCHOOL

 CHRIS GADAMS—HAMILTON SCHOOL

 RANDALL WALLACE-EASTERBY SCHOOL

 **FRESNO COUNTY**-- LARRY HARDER, JEFFERSON (KCUSD)

 CLAY MANNING – SANGER HIGH SCHOOL

 GARY DAVIS – CENTRAL UNIFIED

 CHRIS WILSON-PARLIER

## EVENT CHANGES

THERE WERE NO CHANGES TO THE EVENTS OFFERED. BANTAMS AND MIDGETS MAY STILL COMPETE IN **THREE** **EVENTS** WHILE JUNIORS (YOUTH) AND INTERMEDIATES MAY COMPETE **IN FOUR EVENTS**. **RELAYS COUNT AS AN EVENT**. NOTE - THAT THE SEQUENCE OF EVENTS THAT WAS USED LAST YEAR WILL BE USED AGAIN THIS YEAR.

**NOTE: All MIDGET Turbo Javelin competitors will throw the 450 gram “Fin-Flyer” Javelin rather than the 300 gram javelin. BANTAM competitors will continue to throw the 300 gram turbo javelin.**

 **Intermediate Boys throw the 10# shot put and the 1.6K discus.**

**4 x 100 Relay Passing Zones will be will be revised to a 30 Meter Zone instead of a 10 meter acceleration zone + a 20 meter exchange zone (hopefully eliminates early passing disqualifications).**

**AGE GROUPS**

**BANTAMS**--BORN IN 2012 OR LATER (UNDER 10’S)

**MIDGETS-**-BORN IN 2010 OR 2011 (UNDER 12’S)

**JUNIORS**--BORN IN 2008 OR 2009 (UNDER 14’S)

**INTERMEDIATES**--BORN IN 2006 OR 2007 (9TH GRADERS ARE **INELIGIBLE** TO COMPETE IN THE JR.

FRESNO RELAYS.)

**OTHER POINTS OF INTEREST:**

**-FOR 2022 SEASON ONLY THERE WILL BE NO AREA QUALIFYING MEETS IN THE 4 COUNTY AREAS. RATHER THE FRESNO COUNTY MEET ON APRIL 23RD WILL BE AN “ALL COMERS” MEET FOR ALL THE COUNTY AREAS—COALINGA, CENTRAL, SANGER/CLOVIS AND THE REEDLY AREA. ALL SCHOOLS MAY ONLY BRING UP TO THREE ATHLETES IN EACH EVENT AND AGE GROUP TO COMPETE AT THIS MEET. THE TOP 5 IN EACH EVENT WILL ADVANCE TO THE JR. FRESNO RELAYS.**  THIS WILL PRE-EMPT THE 4 AREA QUALIFYING MEETS!!

-LIKE 2019, THERE WILL BE NO EVENT ALTERNATES, EXCEPT FOR THOSE ADDITIONAL RUNNERS LISTED WITH RELAY TEAMS.

- THE TOP 5 FROM THE COUNTY FINALS AND TOP 4 FROM THE CITY FINALS WILL ADVANCE TO THE JR. FRESNO RELAYS SINCE SELMA HIGH SCHOOL’S TRACK HAS 9 LANES.

**-BE SURE TO HAVE PRINCIPALS VERIFY THE AGES OF ATHLETES COMPETING IN THE CITY AND COUNTY FINALS.**

-ADMISSION FEES FOR THE COUNTY FINALS, & THE JR. FRESNO RELAYS WILL BE **$4 FOR ADULTS AND $2 FOR CHILDREN/STUDENTS.** SOME AREA QUALIFYING MEETS WILL CHARGE ADMISSION TO OFFSET AWARDS COSTS.

**NOTE: TRACK SPIKES SHOULD BE 3/16” PYRAMID ONLY AS PER STADIUM REQUIREMENTS**.

**-1-**

### JUNIOR FRESNO RELAYS

**2022**

### Rules and Regulations

 The Junior Fresno Relays is a track and field meet for Fresno County students, sixteen years of age and under, excluding high school students in grades 9 through 12. The meets are sponsored by the Fresno County Track and Field Committee and the Fresno County Department of Education. Schools outside Fresno County are eligible to participate if they are within a Fresno County high school district. This meet and all qualifying meets will be governed by these rules and regulations. Any rules not covered by these specific rules and regulations will be covered by the 2022 USA Track and Field Competition Rules. **All athletes must have provided proof of insurance to their schools in order to participate and, by participating, they accept all liability. Schools and districts should verify appropriate levels of insurance for all athletes.**

**ENTRY REGULATIONS**

1. In order to participate in the Junior Fresno Relays and the Valley School Championships program, an athlete must be one of the five finalists in the Fresno City Meet or the Fresno County Qualifying Meet and be in good standing at the school they attend, meeting all of the eligibility requirements that have been established by that school and district. Middle School students must meet the 2.0 eligibility requirement at the school they attend. In all events the top 5 qualifiers will participate in the Jr. Fresno Relays.

**A.**  **Fresno City Qualifying Meets (Toby Lawless):**

 In order to qualify, an athlete must attend a school in the Fresno Unified School District or a private school in Fresno, or be home-schooled in Fresno, and must qualify at one of the Fresno City Qualifying Meets (Toby Lawless) for the school he/she attends. All meets are under the direction of the Fresno middle school and elementary school coaches. For information, contact Russ Painter at 907-6742) or at Russell.painter@fresnounified.org

**Fresno City Finals: Saturday, April 23rd 2022** at Sunnyside High Stadium at 9:00 a.m. The contact is Russ Painter 559-907-6742 or Brett Mar-457-3000. Five (5) qualify in each division for the Junior Fresno Relays. Medals will be given for first through fourth places. All others will receive ribbons.

**B. Fresno County Qualifying Meets:**

**a. Reedley Area Meet:** All Age Groups automatically advance to Fresno County School Meet in Sanger on April 23rd. 3 students in each event/age group may compete. Athletes from Reedley, Selma, Fowler, Parlier and Kingsburg High School Districts included . Contact Haskall Henson (896-9145 or 978-2835 or Louie Morales (999-2985).

**b. Coalinga Area Meet:** All Age Groups automatically advance to Fresno County School Meet in Sanger on April 23rd. 3 students in each event/age group may compete. Contact Andrew Wagoner-- 559- 630-4712.

**c. Clovis/Sierra/Sanger Area Meet:**  All Age Groups automatically advance to Fresno County School Meet in Sanger on April 23rd. 3 students in each event/age group may compete. Sanger, Sierra and Clovis Schools Districts included, Contact Stephanie Wait, Big Creek (teamwait@netptc.net), Lee Kessler, Pine Ridge (841-2444) , Kristine Bustos in Clovis (273-8239) or Clay Manning (859-4126) .

 **d. Washington Area Meet:** All Age Groups automatically advance to Fresno County School Meet in Sanger on April 23rd. 3 students in each event/age group may compete Washington Union, Caruthers, Kerman, Central, and Central West High School Districts included. Contact Gary Davis (276-5276 or 577-4665; gdavis@centralusd.k12.ca.us)**.**

 **e. Qualifying Meet Directors**  . Please limit abbreviations. **All athletes’ birth dates must be verified by the school principal. These birth dates may be checked by any meet director. False dates could lead to the disqualification of competitors.** **Results and age verifications must be received no later than Monday, April 25th for the Fresno County Finals. They must be sent to:**

  **Haskell Henson (896-9145, Fax 896-1110**

 **Cell-978-2835)**

 **Lincoln Middle School**

 **1239 Nelson Blvd,**

 **Selma, CA. 93662**

If you have any questions concerning the Fresno County Finals, contact Haskell Henson at 896-9145 or 978-2835).

**-2-**

 **f. Fresno County Finals:** April 23rd, 2022 at Selma High School. Athletes from Reedley, Coalinga, Clovis/Sanger, and Washington Areas included. Meet Director, Haskell Henson (896-4195 or 978-2835) and Louie Morales at Reedley HS (999-2985). The meet will start at 9:00 A.M. Coaches’ meeting will start at 8:30 A.M. The top five (5) qualify in each division for the Junior Fresno Relays. Medals will be awarded for first through fourth places. All others will receive ribbons.

 **g. Junior Fresno Relays:** April 30th, 2022 at Selma High School. Four (4) qualifiers from the Fresno City Finals and five (5) qualifiers from the Fresno County Finals will participate in the Jr. Fresno Relays. Meet Directors Clay Manning (859-4126) and Haskell Henson of Selma (896-9145 or 978-2835). The meet will start at 9:00 A.M. **sharp**. Coaches’ meeting will start at 8:30 A.M. Medals will be awarded for first, second, third & fourth places. Fifth through tenth places will receive ribbons.

**h.** **All coaches, participants, and spectators will pay an admission fee to the Fresno County Finals, the Fresno City Finals and the Junior Fresno Relays of $2.00 for children and students and $4.00 for all adults.** These fees are to defray the cost of awards, stadium security, groundskeeper, and other costs. **Schools may make checks payable to Fresno County Track and Field Committee. Please make checks out to cover the cost of ALL qualifiers from your school. Coaches need to be sure that parents are aware that there is a cost for them to attend this meet.**  A concession stand will be open at all meets.

**i. Valley Championship Meet - The Valley School Championship Meet (formerly the Jr. Olympics) will be held on May 7th at Buchanan High’s Veteran’s Stadium. Meet Contact Person--Dori Cirrincione (304-2258)**

The number of qualifiers for the meet and the location will be announced at the Junior Fresno Relays. At this time it appears that we will have at least four qualifiers from our county.

2. There will be four divisions for boys and girls. These divisions are determined by the year of the athlete’s birth. A contestant must compete in that division for all events. The divisions are:

# Bantams birth year 2012 or later

# Midgets........ birth year 2010 or 2011

**Juniors (Youth) birth year 2008 or 2009**

**Intermediates..... birth year 2006 or 2007**

***Students in grades 9 through 12 are not eligible.***

3. A Bantam or Midget contestant may enter in any three (3) events listed for his/her division. A Junior (Youth) or intermediate contestant may enter in any four (4) events listed for his/her division. An alternate in a relay event does not count as an event unless they actually compete. All members of a relay team must be from the same school. A school may have only one (1) relay team for each division with no more than four (4) alternates. Alternates should be listed when the team first competes.

4. Event alternates for the Junior Fresno Relays: This year there will be no alternates allowed, but the top five (5) qualifiers from the City and County finals will compete. All finals meet directors must send an entry list that includes the top five (5) finishers in each event to make sure a record of the proper participants is available. Please list first and last name and complete school name.

5. All athletes must wear some type of school issued track uniform with a top. Relay team members must have the same color tops. A uniform may simply be school gym clothes**.** Street clothes are not considered to be a track uniform and are prohibited. No club uniforms are allowed.

 6. Track shoes are optional. However, all athletes must wear some type of shoes. No one may compete barefooted except in the high jump. Runways require pyramid spikes no longer than 3/16”. Some stadiums are changing their track spike requirements so that no spikes will be allowed that contain needle point spikes and so that no spikes are longer than 3/16**”. Buchanan Stadium and Sunnyside Stadium and Sanger Stadium and Selma High School require 3/16” pyramid spikes; no needle nosed spikes allowed.**

7. All coaches and non-participants must remain in the stands. This pertains to coaches of both field and running events. Athletes must stay off the track and infield when not actually competing. Relay teams must warm up on the practice field, not the infield. On an extremely warm day, coaches may be allowed on the track to aid distance runners with water. This will be determined by the meet director prior to or during that particular meet.

8. An athlete must compete in their correct age group. An athlete may **NOT** compete with an older age group. Example-a bantam cannot compete with midgets or a midget cannot compete in the junior division.

9. Any participant who heckles another participant, uses profanity or behaves in an unsportsmanlike manner may be disqualified and any individual award earned will be forfeited at the discretion of the Appeals Committee.

**-3-**

## RUNNING EVENTS

1.  **Lanes:** All events of 400 meters or shorter will be run in lanes all the way. Events of 1500 meters or longer will use a bunch start with the runners being allowed to cut to the pole at the first curve excluding the first leg of the 1600 meter relay. **Runners in the 800 will start and run the first turn in lanes and then be allowed to cut to the inside lanes after the first turn.**

2.  **Relays**: A 30-meter exchange zone will be used for all relays. The10-meter sprint zone has been added to the actual passing zone. International Zone Rules will apply. The first runner in the 1600-meter relay will run the entire first lap in his/her lane. **The three turn stager will apply to the 1600m relay.**

3. **Hurdles:** All hurdle races will be set up in accordance with the hurdle specifications listed in the following table.

4. Starting blocks may be used for Juniors and Intermediates but not for Bantam and Midgets. They will be provided at the discretion of the facility management. No outside blocks may be used in the meet. At the Valley School Championship meet Intermediates must use starting blocks.

**HURDLE SPECIFICATIONS**

 **No. of** **Dist. to Dist. to**

Distance Division **Hurdles Height First Interval Finish**

 80 m Midget Girls 8 30” 12m 7.5m 15.5m

 80 m Midget Boys 8 30” 12m 7.5m 15.5m

 100 m Junior Girls 10 30” 13m 8.0m 15.0m

 100 m Inter. Girls 10 30” 13m 8.0m 15.0m

 100 m Junior Boys 10 33” 13m 8.5m 10.5m

 100 m Inter. Boys 10 33” 13m 8.5m 10.5m

 **Standard to Metric conversions:**

 7.5m 24’ 9” 12m. 39’ 4.5”

 8m 26’ 3” 13m. 42’ 8”

 8.5m. 27’ 10.5” 15m. 49’ 6.5”

 10.5m. 34’ 5.5” 15.5m. 51’ 1.5”

## FIELD EVENTS

1. The Long Jump, High Jump, Triple Jump, and Pole Vault will be measured to the lesser 1/4”. The long jump and triple jump will consist of four (4) jumps. There will be no finals. In the high jump, three (3) consecutive misses by the participant and he/she is out. A participant will be allowed a maximum of two minutes to complete the attempt after their name has been called. Opening heights for the high jump, will be determined by the Meet Director of that meet.

2. Discus will be measured to the lesser 1/2”. All girls divisions will use the 1-kilo discus (2 lb. 3 1/2 oz.). The Midget boys and Junior boys will also use the 1-kilo discus. The Intermediate boys will use the 1.6-kilo high school discus (3 lb. 9 oz.).

3. Shot Put will be measured to the lesser 1/4”. Bantam boys and girls, Midget boys and girls, and Junior girls will use the 6 lb. shot. Junior boys and Intermediate girls will use the 4 Kilo shot. Intermediate boys will use the 10 lb. shot. **NOTE:** At Finals meets (City and County and the Jr. Fresno Relays), all four throws should be measured if requested by the athlete.

4. Each shot and discus must meet the official weight and measurement requirements and will be weighed before use. Do not bring illegal equipment. **Note: Intermediate Boys throw 10# shot and 1.6K Discus**.

**NOTE: Four (4) trials will be given in each event at the Jr. Fresno Relays. No finals.**

**Any participant competing in an event may use equipment entered in an event.**

5. If an athlete is competing in two events simultaneously, it is their responsibility to keep all officials involved appraised of their whereabouts and report back to those officials as soon as they have completed one of the events.

6. If a running event is called at the same time as field event, report to the field event first, then go to the running event. If a running event is called while competing in a field event, report to the running event.

7. Athletes competing in the High Jump need to be aware that once the bar has advanced to the next higher height, it will not be lowered. Athletes and coaches with athletes that are involved in simultaneous events should be aware of the rules governing those events.

8. This year the Jr. Fresno Relays will offer competition in the “Turbo Javelin” or “Javy” for Bantam and Midget boys and girls only. Each competitor will get three throws. Each competitor’s best throw will be measured to the lesser 1/2”. Midgets will throw the official **450-gram** “ Fin-Flyer”Turbo Javelin while Bantams will continue to throw the 300 gram “javy”.

**-4-**

**JUNIOR FRESNO RELAYS**

**2022**

**TRACK AND FIELD EVENTS**

 **BANTAM DIVISION MIDGET DIVISION**

 **Boys & Girls Boys & Girls**

 **Born in 2012 or later Born in 2010 or 2011**

 **(3 events only) (3 events only)**

 100 meter dash 80 meter hurdles (See table)

 200 meter dash 100 meter dash

 400 meter dash 200 meter dash

 800 meter run 400 meter dash

 1500 meter run 800 meter run

 3000 meter run 1500 meter run

 400 meter relay (4 x 100) 3000 meter run

 1600 meter relay (4 x 400) 400 meter relay (4 x 100)

 Long Jump 1600 meter relay (4 x 400)

 High Jump Long Jump

 Triple Jump High Jump

 Shot Put (6 lb.) Triple Jump

 Turbo Javelin (300 gram) Shot Put (6 lb.)

 Discus (1 kilo)

 Turbo Javelin (450 gram) Fin-Flyer

 **JUNIOR/YOUTH DIVISION INTERMEDIATE DIVISION**

 **Boys & Girls Boys & Girls**

 **Born in 2008 or 2009 Born in 2006 or 2007**

 **(4 events only) (4 events only)**

 100 meter hurdles (See table) 100 meter hurdles (See table)

 100 meter dash 100 meter dash

 200 meter dash 200 meter dash

 400 meter dash 400 meter dash

 800 meter dash 800 meter dash

 1500 meter run 1500 meter run

 3000 meter run 3000 meter run

 400 meter relay (4 x 100) 400 meter relay (4 x 100)

 1600 meter relay (4 x 400) 1600 meter relay (4 x 400)

 Long Jump Long Jump

 High Jump High Jump

 Triple Jump Triple Jump

 Shot Put (4 K) Shot Put (See rule 3)

 Discus (1 kilo) Discus (See rule 2)

 Pole Vault Pole Vault

 **Note #1:** Events listed for the Junior Fresno Relays are predominantly the same events that will be contested at the Central California USA T & F Valley Championships and other Association and Regional Meets. There are some differences, especially in the hurdle races and triple jump for younger divisions. Check with next-in-line meet director.

**Note #2:** The Bantam and Midget Triple Jump, & the Bantam 3000 meter run will NOT be held at the Valley Championships as they are not “sanctioned events”.

**Note #3:** There will be an Intermediate Division at the Valley Championships**. Intermediates must use blocks at the Valley Championships for the 100m dash, 200m dash, 400m dash, 400m relay and 1600m relay.**

**-5-**

JUNIOR FRESNO RELAYS

**2022**

### Fresno County Flow Chart

 **Fresno City Schools Area I Area II Area III Area IV**

•April 7th (Thursday)-Bant & Midget Boys **Reedley Coalinga Clovis Washington**

 Edison High @1:00 p.m. Parlier Mendota Clovis Washington

 Kingsburg Coalinga Sierra Central

•April 8th(Friday)-Bant & Midget Girls Selma Riverdale Auberry Caruthers

 Edison High @ 12:00 p.m. Reedley Tranquility Sanger Kerman

 Fowler Laton

•April 8th (Friday)-Junior & Inter. Firebaugh

 (Friday) Sunnyside High @ 12:00 Thursday,

 April 23 @9:00 April 23 @9:00 April 23 @9:00. April 23 @9:00

Russ Painter -Retired (559-907-6742)

Brett Mar—FUSD 457-3655 Reedley High Coalinga HS Sanger High @Central H.S.

 Larry Harder Andrew Wagoner Clay Manning Gary Davis

 638-5558 559-630-4712 859-4126 276-5276

 Louie Morales Coalinga HS Kristine Bustos 577-4665

 999-2985 273-8239

 Haskall Henson gdavis@central

 978-2835 See Rules for Stephanie Wait usd.k12.ca.us

 Registration (teamwait@netptc.net)

 Information Lee Kessler

 841-2444

#  CITY FINALS COUNTY FINALS

 Saturday, April 23 ,2022 Saturday, April 23, 2022

 Sunnyside High Stadium Dodson Field @ WAMS in Sanger

 9:00 A.M. 9:00 A.M.

 Russ Painter—559-907-6742 Haskell Henson (978-2835)

 Louie Morales-Reedley (999-2985)

 **Top 4 Advance Top 5 Advance**

 **JUNIOR FRESNO RELAYS**

 Saturday, April 30th- 9:00 A.M.

 Selma High School

 Haskell Henson-- 896-9145

 Clay Manning—859-4126

 **Top 4 Advance (Tentative)**

####  VALLEY CHAMPIONSHIPS

 May 7th

 @Buchanan HS

 Dori Cirrincione

 559-304-2258

**-6-**

**JUNIOR FRESNO RELAYS and CITY/COUNTY FINALS**

**2022**

**Schedule of events**

**9:00 A.M. Start**

3000 Mtr. Run Bantam Girls 200 Mtr. Dash Bantam Girls

3000 Mtr. Run Bantam Boys 200 Mtr. Dash Bantam Boys

3000 Mtr. Run Midget Girls 200 Mtr. Dash Midget Girls

3000 Mtr. Run Midget Boys 200 Mtr. Dash Midget Boys

3000 Mtr. Run Junior Girls 200 Mtr. Dash Junior Girls

3000 Mtr. Run Junior Boys 200 Mtr. Dash Junior Boys

3000 Mtr. Run Inter. Girls 200 Mtr. Dash Inter. Girls

3000 Mtr. Run Inter. Boys 200 Mtr. Dash Inter. Boys

80 Mtr. Low Hurdles Midget Girls 1600 Mtr. Relay Bantam Girls

80 Mtr. Low Hurdles Midget Boys 1600 Mtr. Relay Bantam Boys

100 Mtr. Low Hurdles Junior Girls 1600 Mtr. Relay Midget Girls

100 Mtr. Low Hurdles Inter. Girls 1600 Mtr. Relay Midget Boys

100 Mtr. Low Hurdles Junior Boys 1600 Mtr. Relay Junior Girls

100 Mtr. Low Hurdles Inter. Boys 1600 Mtr. Relay Junior Boys

800 Meter Run Bantam Girls 1600 Mtr. Relay Inter. Girls

800 Meter Run Bantam Boys 1600 Mtr. Relay Inter. Boys

800 Meter Run Midget Girls

800 Meter Run Midget Boys **Field events will follow**

800 Meter Run Junior Girls **the following sequence.**

800 Meter Run Junior Boys

800 Meter Run Inter. Girls **High Jump Pit 1 High Jump Pit 2**

800 Meter Run Inter. Boys Bant. Girls Jr. Girls

400 Meter Relay Bantam Girls Mid. Girls Int. Girls

400 Meter Relay Bantam Boys Bant. Boys Jr. Boys

400 Meter Relay Midget Girls Mid. Boys Int. Boys

400 Meter Relay Midget Boys

400 Meter Relay Junior Girls  **Pit 1 Pit 2**

400 Meter Relay Junior Boys **Long Jump Triple Jump**

400 Meter Relay Inter. Girls Bant. Boys Jr. Boys

400 Meter Relay Inter. Boys Bant. Girls Jr. Girls

100 Meter Dash Bantam Girls Mid. Boys Int. Boys

100 Meter Dash Bantam Boys Mid. Girls Int. Girls

100 Meter Dash Midget Girls Junior BoysBant. Boys

100 Meter Dash Midget Boys Junior Girls Bant. Girls

100 Meter Dash Junior Girls Inter Boys Mid. Boys

100 Meter Dash Junior Boys Inter Girls Mid Girls

100 Meter Dash Inter. Girls

100 Meter Dash Inter. Boys

1500 Meter Run Bantam Girls  **Shot Put #1 Discus**

1500 Meter Run Bantam Boys Int. Boys Mid. Girls

1500 Meter Run Midget Girls Int. Girls Mid. Boys

1500 Meter Run Midget Boys Jr. Boys Jr. Girls

1500 Meter Run Junior Girls Jr. Girls Jr. Boys

1500 Meter Run Junior Boys Int. Girls

1500 Meter Run Inter. Girls **Shot Put #2**  Int. Boys (1.6 K)

1500 Meter Run Inter. Boys Bant. Boys

 400 Mtr. Dash Bantam Girls Bant Girls **Turbo Javelin**

 400 Mtr. Dash Bantam Boys Midget Girls Bantam Girls (300 gram)

 400 Mtr. Dash Midget Girls Midget BoysBantam Boys(300 gram)

 400 Mtr. Dash Midget Boys Midget Boys (450 gram fin-flyer)

 400 Mtr. Dash Junior Girls Midget Girls (450 gram fin-flyer)

 400 Mtr. Dash Junior Boys

 400 Mtr. Dash Inter. Girls  **NOTE:**

 400 Mtr. Dash Inter. Boys  **Coaches’ meeting 30 minutes**

 **before meet starts**

**-7-**