

CAASO Track and Field Meet

Tuesday May 24th, 2016

8:15 a.m. Coaches Meeting & Code of Conduct
 8:30 a.m. Field Event Training Sessions for Volunteers
 8:45 a.m. Welcome and Announcements.

FIELD EVENTS * Estimated Start Times

Time	Midget Girls	Midget Boys	Junior Girls	Junior Boys	Senior Girls	Senior Boys
9:00 a.m.	Ball Throw	Long Jump	High Jump	Triple Jump	Shot Put	High Jump
9:45 a.m.						
10:30 a.m.	Triple Jump	High Jump	Ball Throw	Ball Throw	Long Jump	Shot Put
11:15 a.m.						Long Jump
12:00 p.m.	Long Jump	Triple Jump	Shot Put	High Jump	Ball Throw	
12:45 p.m.			Long Jump		Triple Jump	Ball Throw
1:30 p.m.		Ball Throw		Shot Put		
2:15 p.m.	High Jump		Triple Jump	Long Jump	High Jump	Triple Jump
3:00 p.m.						

TRACK EVENTS

Note: Track events take precedence over field events. The races will be announced. Let the official at the field event know that you need to run and then get back there immediately afterwards (15 minutes). The 100m races will have heats; all others will be timed finals. The runners for the final race will be announced. The races will be run in the following order: Midget Girls; Midget Boys; Junior Girls; Junior Boys; Senior Girls; Senior Boys.

SCHEDULE

9:00 a.m. 100 m (100 m Finals will begin immediately following the Seniors)
 10:30 a.m. 1500 m Finals
 11:45 a.m. 400 m Timed Finals
 12:45 p.m. 200 m Timed Finals
 1:45 p.m. 800 m Final
 3:45 p.m. 100 X 4 Relay Races Timed Finals
 4:45 p.m. Awards

Midget: Ages 8-9; Junior: Ages 10-11; Senior: Ages 12-13; Young adult: 14+.
 (All ages are taken as of December 31, 2015.)

Young Adults may participate in the 800 m, 1500 m races and all field events. They must identify themselves to the coordinator before the event begins.