

Independent School Track Association
23rd Annual Championship Meet
The Governor's Academy
Saturday, May 9, 2009

SCHEDULE OF EVENTS

Coaches' Meeting –10:00 a.m. Conference Room inside the Field House
Implement and pole inspection – 10:00 a.m. until 11:00 a.m.

Field Events – 11:00 a.m.

LONG JUMP – *trials & then finals*, will run simultaneously

GIRLS (ON THE BACK STRETCH) TAKE OFF BOARD 8'1.5"

BOYS (ON THE HOME STRETCH) TAKE OFF BOARD 12'1.5"

High Jump

1ST BOYS OPENING HEIGHT 5'

2ND GIRLS OPENING HEIGHT 4'

Pole Vault

1ST GIRLS OPENING HEIGHT 6'

2ND BOYS OPENING HEIGHT 7'

DISCUS – *trials & then finals*

1ST GIRLS

2ND BOYS

SHOT PUT – *trials & then finals*

1ST BOYS

2ND GIRLS

Triple Jump –Following Long Jump– *trials & then finals*

1ST GIRLS 22', 25', 28', 30'

2ND BOYS 22', 30', 36'1"

JAVELIN – AT THE CHANGE OVER OF SHOT & DISC - *trials & then finals*

LOCATED ON THE FIELD SOUTH OF THE TRACK

JAVELIN WILL BEGIN AT THE CHANGE OVER OF SHOT AND DISCUS. ORDER TO ALTERNATE
NEXT YEAR

1ST GIRLS

2ND BOYS

All competitors in field events, excluding High Jump & Pole Vault, will have three attempts in trials. The top seven, or in the event of a tie for seventh, we will take eight to the finals. Competitors will then advance to the finals for three more attempts. Places are based on the best of the six attempts.

Running Events – 1:30 p.m.

- All running events will be run boys followed by girls.
- Runners will receive their hip numbers from the clerk of course, who will be at the start of each race. *Runners should place the hip number on their **left hip**.*
- The 800m will start in assigned lanes with a 1-turn stagger. All runners may cut in after the break line.
- The girls' and boys' 3000m will be run separately.
- The 1600m Relay will be run with a 2-turn stagger. The first runner will stay in his/her lane and the second leg may cut in after the finish line.

Events order:

400m Relay

1500m

100m Trials

The top finisher from each heat will proceed to finals. The remaining lanes will be filled by times from qualifying heats.

100m High Hurdles

110m High Hurdles

400m

100m Finals

800m

300m Intermediate Hurdles

200m

3000m

1600m Relay

Presentation of Team Awards, MVP Awards, and Coaches' Awards

SCORING –

Individual events: 10-8-6-4-2-1

Relays: 10-8-6-4-2-1

Awards:

Medals for 1st, 2nd, & 3rd

Ribbons for 4th, 5th, & 6th

Athletes should pick up their awards during the meet.

MEET OFFICIALS

Timing Services: Brewer Timing Company
Chief Operator: Dave Jeffrey
For more information - www.sub5.com, Youth pages

Meet Directors: Tim Weir

Starter: Bob Welch

Head Referee: David Abusamra

Games Committee: TBD

Clerk of Course: Raymond Long

Announcer: Jeff Kelly

FIELD EVENT OFFICIALS – BOYS & GIRLS

The various field events are officiated by the participating schools, with help given by GA faculty, staff, and students. Many thanks to all!

ATHELTIC TRAINERS

The Governor's Academy's two athletic trainers, Jeffrey Wotton, ATC, and Danielle Kingsbury, ATC, will be stationed in the tent on the infield.

400 METER RELAY ZONE JUDGES

All Heats –Girls & Boys

<u>Zone</u>	<u>Location</u>	<u>Front of Zone</u>	<u>Rear of Zone</u>
1	Near Break line	Thayer (lanes 1-4) Rivers (lanes 5-8)	Belmont Hill (lanes 1-4) BB&N (lanes 5-8)
2	Near 200m start	Tabor (lanes 1-4) Roxbury Latin (lanes 5-8)	St. George's (lanes 1-4) Winsor (lanes 5-8)
3	Near 100m start	St. Paul's (lanes 1-4) Middlesex (lanes 5-8)	Milton (lanes 1-4) GA (lanes 5-8)

Thank you to Bert McLain, Jeff Wotton, Doreen Johnson, Danielle Kingsbury, Scott Kingsbury, Food Services; David Alonzi, Facilities and everyone else at GA who helped make this meet possible. Special thanks to Coaches Mary Ellen Karin, David Abusamra, Ray Long, Steve Suomi, Matt Hunt and to all the ISTA coaches, particularly to Lori Bohan for all of her helpful advice.