

Independent School Track Association
24th Annual Championship Meet
Thayer Academy
Saturday, May 8th, 2010

SCHEDULE OF EVENTS

Coaches' Meeting –10:00 a.m. at the Scorer's Tent

Implement and pole vault inspection – 9:30 a.m. to 11:00 a.m.

Field Events – 11:00 a.m.

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

GIRLS (TOWARD THE STREET) TAKE OFF BOARD = 8'

BOYS (TOWARD THE CAMPUS) TAKE OFF BOARD = 8'

High Jump

1ST BOYS OPENING HEIGHT = 5'

2ND GIRLS OPENING HEIGHT = 4'

Pole Vault

1ST GIRLS OPENING HEIGHT = 6'

2ND BOYS OPENING HEIGHT = 8'

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*

GIRLS (TOWARD THE STREET) TAKE OFF BOARD = 22', 26', 30'

BOYS (TOWARD THE CAMPUS) TAKE OFF BOARD = 28', 33', 36'

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

LOCATED ON THE FIELD NORTH OF THE TRACK

JAVELIN WILL BEGIN AT THE CHANGE OVER OF SHOT AND DISCUS. ORDER

1ST GIRLS

2ND BOYS

All competitors in field events, excluding High Jump & Pole Vault, will have three attempts in the trials.

The top seven competitors, or in the event of a tie for seventh, the top eight competitors advance to the finals.

Competitors will then have three more attempts. Places are based on the best of all six attempts.

Running Events – 1:30 p.m.

- All running events will be run girls followed by boys.
- 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 (4x400m) 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 receiving the baton.

Events order:

400m (4x100m) Relay

1500m

100m Trials

The top finisher from each heat will proceed to the 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 (4x400m) 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:	Jeff Browne and Peter Robarts
Starter:	Jay Harmon
Head Referee:	Chris Lane
Games Committee:	TBD
Clerk of Course:	TBD
Announcer:	Barbara Browne

FIELD EVENT OFFICIALS – BOYS & GIRLS

This year we will have 5 certified officials to run various field events. The participating schools are assigned a field event to officiate. It is expected that that school assigned is versed in the rules of that event and will supply the needed personnel to run the event efficiently. Below are the assignments.

Shot Put	Girls - Milton Academy Boys - Milton Academy
Discus	Girls - Rivers School Boys - Rivers School
Javelin	Girls - Governor's Academy Boys - Governor's Academy
Long Jump	Girls - Winsor School Boys - Tabor Academy
Triple Jump	Girls - Middlesex School Boys - Roxbury Latin School
High Jump	Girls - St. Paul's School Boys - St. Paul's School
Pole Vault	Girls - Belmont Hill School Boys - Belmont Hill School

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 1500m Start	St. George's (lanes 1-6)	St. Paul's (lanes 1-6)
2	Near 200m Start	Governor's (lanes 1-6)	Rox. Latin (lanes 1-6)
3	Near 100m Start	Belmont Hill (lanes 1-6)	Thayer (lanes 1-6)

1600 METER RELAY ZONE JUDGES

All Heats –Girls & Boys - Thayer Academy and Meet Officials

