

## ACC ALL SAINTS MEET

### PRIMARY COMPETITION:

- 8:30 AM Girls and boys long jump warm up and steps marked.  
9:00 AM Invocation.  
9:00 AM Girls and boys long jump  
10:00 AM GIRLS AND BOYS JV LONG JUMP (GIRLS ON THE NORTH PIT, BOYS ON THE SOUTH PIT)  
BOYS JV SHOT PUT. FOLLOWED. BY GIRLS SHOT  
GIRLS JV. DISCUS. FOLLOWED BY BOYS DISCUS  
GIRLS HIGH JUMP. FOLLOWED BY BOYS
- 10:00 AM Primary girls 100  
Primary boys 100  
Primary girls 1,600  
Primary boys 1,600  
Primary girls 4 X 100  
Primary boys 4 X 100  
Primary girls 400  
Primary boys 400  
Primary girls 800  
Primary boys 800  
Primary girls 200  
Primary boys 200

Please remember that running events take preference over field events. Once they finish running, they will have 10 minutes to get back to the field event. Those running field events can jump the order while an athlete checks out. In high jump the bar cannot be lowered once it goes up.

- 12:00 PM JV girls sprint medley (One heat)  
JV boys sprint medley (One heat)  
JV girls 60 meter hurdles  
JV boys 60 meter hurdles  
JV girls 100 meter  
JV boys 100 meter  
JV girls 1,600 meter run (One heat)  
JV boys 1,600 meter run (One heat)  
JV girls 4 X 100  
JV boys 4 X 100  
JV girls 400 meter run  
JV boys 400 meter run  
JV girls 800 meter run (One heat)  
JV boys 800 meter run (One heat)  
JV girls 200 meter run  
JV boys 200 meter run  
JV girls 4 X 400 meter relay (One heat)  
JV boys 4 X 400 meter relay (One heat)
- 1:00 PM Var. Girls long jump starts (North pit)  
Var. Boys long jump (South pit)

2:00 PM Var. Girls discus; boys follow  
Var. Boys shot put; girls follow  
Var. Girls high jump; boys follow  
Girls 4 X 800 meter relay (One heat)  
Boys 4 X 800 meter relay (One heat)  
Girls 100 meter low hurdles  
Boys 100 meter low hurdles.  
Girls 100 meter dash  
Boys 100 meter dash  
Girls 1,600 meter run (One heat)  
Boys 1,600 meter run (One heat)  
Girls 4 X 100 meter relay (One heat, unless more than 9 teams)  
Boys 3 X 100 meter relay (One heat, unless more than 9 teams)  
Girls 400 meter run  
Boys 400 meter run  
Girls 800 meter run (One heat up to 18 runners)  
Boys 800 meter run (One heat up to 18 runners)  
Girls 200 meter run  
Boys 200 meter run  
Girls 4 X 400 meter run (One heat up to 9 teams)  
Boys 4 X 400 meter run (One heat up to 9 teams)

#### REMINDERS:

- Please remember that running events take preference over field events and that they need to be back to the field event when they check out within 10 minutes of finishing their race.
- Only coaches and athletes who are participating are allowed on the infield. No camping on the infield.
- Parents/expectators need to stay behind the fence at all times.
- Athletes need to exit the track upon finishing their race.
- Report to all of your running events by the SE corner of the track. Field events report directly to the event.
- Athletes who are entered in an event and do not report will be scratched from the competition. This according to rules.
- Any roster changes need to be done prior to the competition.
- Please inform you athletes to report to the areas after their first call and to know their lane assignments. This will expedite the meet.
- My goal is to be out before 5:00 PM. Your assistance will enable us to achieve this.
- We will be using a rolling schedule for all events.
- In field events, all it takes is one attempt to fulfill the eligibility requirements.
- DEAR COACHES. SCHOOLS ASSIGNED TO RUN A PARTICULAR EVENT. PLEASE MAKE SURE THEY ARE READY TO RUN ALL OF THE DIVISIONS FOR THAT DAY, IF NOT PLEASE MAKE SURE YOU HAVE MADE ARRANGEMENTS. HEAD COACHES TRY TO BE FREE OF HAVING TO DO THIS SO THAT YOU CAN TRACK YOUR ATHLETES AND MAKE SURE THEY REPORT TO THEIR EVENTS ON TIME.
- Starting height for HJ will be the lowest entry
- LJ is measured from the closest point to the takeoff board. Please keep all of the sand inside the box and rake it as even as possible for each jumper. Jumpers cannot walk back on top of the runway.
- Shot put. Hand needs to be by the side of the head and not away from touching the side of the head (throwing hand cannot be separated, Throwers need to enter and exit from the back half of the circle.

Tape measure goes to the center of the circle and measuring takes place from the front of the board,  
Discus is the same as the shot. Keep all competitors behind the net.

God Bless,  
Have a great meet.  
Sincerely,  
Carlos Barquin, AD  
Belen Jesuit Preparatory School