

Parochial Athletic League

TRACK AND FIELD SEASON

2009

DATES: APRIL 5
APRIL 19 **ALL MEETS IN APRIL BEGIN AT 1:00 P.M.**
APRIL 26
MAY 3 CATHOLIC SCHOOL RELAYS - **10:00 A.M.**
MAY 9 P.A.L. JV CHAMPIONSHIP - **10:00 A.M.** (* Saturday)
MAY 17 P.A.L. CHAMPIONSHIP - **10:00 A.M.**

LOCATION: **ALL MEETS WILL BE HELD AT JESUIT.** The site supervisor will open the facility approximately 60 minutes prior to the start of competition. **Everyone should park in the Jesuit student/gym parking lot located off Fair Oaks Boulevard at Gordon Lane.**

ORDER OF EVENTS: **RUNNING EVENTS** **FIELD EVENTS**

GIRLS - 70 YARD LOW HURDLES	LONG JUMP
BOYS - 70 YARD LOW HURDLES	HIGH JUMP
GIRLS - 440 YARDS	SHOT PUT
BOYS - 440 YARDS	*Competitors have 10 minutes after
GIRLS - 100 METERS	checking out of an event to report
BOYS - 100 METERS	back to the event official to finish
GIRLS - 880 YARDS	the competition.
BOYS - 880 YARDS	
GIRLS - 220 YARD LOW HURDLES	
BOYS - 220 YARD LOW HURDLES	
GIRLS - 220 YARDS	
BOYS - 220 YARDS	
GIRLS - MILE	
BOYS - MILE	
GIRLS - 440 YARD RELAY	
BOYS - 440 YARD RELAY	

NOTE: DURING THE APRIL MEETS, THE JUNIOR VARSITY (5TH AND 6TH GRADERS) WILL BE ALLOWED TO COMPETE IN ALL THE EVENTS. THE 5TH AND 6TH GRADE HEATS WILL FOLLOW THE 7TH/8TH GRADES HEATS FOR ALL EVENTS WHERE LANES ARE ASSIGNED. FOR THE RELAY AND CHAMPIONSHIP MEET, 6TH GRADERS CAN COMPETE AND SCORE FOR THE VARSITY TEAM. IN THE RELAY MEET, IF A 6TH GRADER RUNS IN THE JV RELAY THEY MAY NOT RUN IN ANY VARSITY EVENTS FOR THAT MEET BUT MAY RUN VARSITY THE FOLLOWING MEET. FOR ATHLETES NEW TO TRACK AND FIELD, THE FOLLOWING EVENTS: 100, 220, AND LONG JUMP ARE RECOMMENDED. FOR THE PRACTICE MEETS THERE ARE NOT ENTRY LIMITS EXCEPT FOR THE RELAYS WHERE EACH SCHOOL MAY ENTER ONLY ONE VARSITY AND ONE JV RELAY TEAM PER GENDER.

NO SCORING WILL TAKE PLACE DURING THE APRIL MEETS.

Meet cancellation: Please check the PAL Boys Website at www.jhssac.org . Under the Admissions menu option, click on General Information. When the page comes up, in the left column, you will find a PAL link and from there you can click on Track & Field. This document will be posted there as a PDF file along with notes regarding meet schedules, events, etc. Please check this page periodically and encourage your athletes and their parents to consult it. Directions and notes regarding the meets will be posted on this site. Meets may be cancelled due to rain/track conditions.