

## LEAGUE AND DIVISIONAL MEETS

If you are HOSTING THE MEET, score sheets are provided by the league. You supply a STARTER, CLERK OF THE COURSE, SCORE KEEPERS and be sure to have a FINISH LINE.

After the meet Host Schools send the six score sheets to:

PACIFIC HEALTH ALLIANCE  
ATTN: LARRY CAPPEL  
1350 OLD BAYSHORE HWY.  
Suite 560  
BURLINGAME, CA. 94010  
FAX 375-5820

If you are working a FIELD EVENT paperwork is provided. YOU NEED TO SUPPLY  
LONG JUMP-----BROOM, RAKE, & a 25' TAPE.  
HIGH JUMP-----BROOM & a 6' TAPE  
SHOT PUT-----BROOM & a 50' TAPE

Each school will provide TIMERS AND LANE JUDGES.

ATTN TIMERS. While times are great. PLACES ARE MOST IMPORTANT!

DO NOT TIME THE LANES!      TIME THE PLACES!

1)CLERK: Get groups of athletes lined up in advance to keep the meet running on time.

Get lane assignments in advance so you can set them in the lanes.

Be sure the HIGH JUMP starts on time and keeps moving.

FIELD EVENTS--1 1/2 minutes to complete JUMP or PUT after name is called.

2) If heats are run, only the first heat is scored. Example: If you have 2 or more heats in the 6th grade 100M, only the the first heat is scored. Each school should put their best in the first heat.

3) Coaches need to be at the league meets early enough to fill out the score cards and turn in their roster.

4) Athletes will be given one false start, then a D.Q.

5) Factors such as weather or smaller number of athletes may cause a meet to run ahead of schedule. **Meets will not be held up waiting for athletes to show.**

## Meets must not start before 12:30

Other times are only a suggestion. Weather or other factors , such as combining events or starting the running events during the field events may cause an event to start earlier then listed. Events will not be held up waiting for athletes to arrive.

### EVENT SCHEDULE FOR LEAGUE AND DIVISIONAL MEETS

	HIGH JUMP	LONG JUMP	SHOT PUT
12:30 PM	8th Girls	6th Girls	6th Boys
12:50 PM	7th Girls	6th Boys	6th Girls
1:10 PM	6th Girls	7th Girls	7th Boys
1:30 PM	6th Boys	8th Boys	7th Girls
1:50 PM	7th Boys	8th Girls	8th Girls
2:10 PM	8th Boys	7th Boys	8th Boys

2:15PM	4x100 METER RELAY	The 800 or 1600 --
2:45PM	800 METER RUN	you may combine grades.
3:20PM	100 METER	
3:35PM	400 METER RUN	
3:55PM	1600 METER RUN	
4:25PM	200 METER RUN	
4:40PM	4x400 RELAY	

#### ORDER OF RUNNING EVENTS

6th GRADE GIRLS  
7th GRADE GIRLS  
8th GRADE GIRLS  
6th GRADE BOYS  
7th GRADE BOYS  
8th GRADE BOYS

#### SCHOOLS RESPONSIBILITY:

- #1---RUN, SCORE AND OFFICIATE MEETS
- #2---LONG JUMP
- #3---SHOT PUT
- #4---HIGH JUMP
- #5---AS NEED

**THE DIVISIONAL MEETS  
MAY 1, 2011**

**NORTH**

**CAPUCHINO HIGH**

**ALL SOULS  
ST. VERONICA  
ST. DUNSTAN  
OUR LADY OF ANGELS  
ST. ROBERT**

**CENTRAL**

**SAN MATEO HIGH**

**ST. CATHERINE  
ST. MATTHEW  
ST. TIMOTHY  
ST. GREGORY  
IMMACULATE HEART**

**SOUTH**

**SEQUOIA HIGH**

**ST. PIUS  
ST. RAYMOND  
NOTRE DAME  
NATIVITY  
MT. CARMEL  
ST. CHARLES**

**Each school will provide 2 timers or place judges and one lane judge.  
The timers or judges for each place will be from different parish schools. If there are insufficient timers, be sure two are used for 3<sup>rd</sup> and 4<sup>th</sup> place.**

**HIGH JUMP**

**Mt. C. – N.D.**

**GREGS – IHM**

**ROBT – OLA**

**LONG JUMP**

**CHAR – NAT**

**MATT – CATH**

**DUN – VER**

**SHOT PUT**

**RAY MONDS**

**TIMS**

**ALL SOULS – DUN**

**Score cards will be provided by the league.**

**Coaches should be at the track in ample time so that the meet can be started on time.**

**Order and times of events are the same as league meets.**

**DIVISIONAL MEET DIRECTORS**

**SOUTH CARLOS DeMARCHENA**

**CENTRAL DICK FURRER**

**NORTH LARRY CAPPEL – FRANK DeFILIPPO**

**Meet at Dick Furrer's home right after the meets to put the championship program together. There will be food and beverage.**

**PPSL  
CHAMPIONSHIP MEET  
at  
CHABOT COLLEGE**

**SUNDAY, MAY 15, 2011**

**LONG JUMP**

10:00 7<sup>th</sup> G- 8<sup>th</sup> B  
10:30 6<sup>th</sup> G- 6<sup>th</sup> B  
11:00 8<sup>th</sup> G- 7<sup>th</sup> B

**SHOT PUT**

10:00. 7<sup>th</sup> B  
10:25 7<sup>th</sup> G  
10:50 8<sup>th</sup> B  
11:15 8<sup>th</sup> G  
11:40 6<sup>th</sup> B  
12:05 6<sup>th</sup> G

**HIGH JUMP 2 PITS**

10:00 8<sup>th</sup> G- 6<sup>th</sup> B  
10:30 7<sup>th</sup> B- 7<sup>th</sup> G  
11:00 8<sup>th</sup> B 6<sup>th</sup> G

**RUNNING EVENTS**

12:30 4x100 Relay  
1:10 800 Meter  
1:50 100 Meter  
2:20 400 Meter  
2:55 1600 Meter  
4:00 200 Meter  
4:25 4x400 Relay

**5:15 AWARDS**

**RUNNING ORDER**

6<sup>th</sup> Girls – 7<sup>th</sup> Girls – 8<sup>th</sup> Girls – 6<sup>th</sup> Boys – 7<sup>th</sup> Boys – 8<sup>th</sup> Boys

**SCORING**

1<sup>st</sup> place – 10 points – then 8-7-6-5-4-3-2-1

**FIELD EVENT RESPONSIBILITY**

**HIGH JUMP Pit 1 ROBERTS – GREGS – All SOULS**

**Pit 2 OLA – IHM – MT.C**

**LONG JUMP Pit 1 MATT – NAT – CATH - PIUS**

**Pit 2 DUN – VER – CHAR**

**SHOT PUT TIM – RAY – N.D.**