

**2011  
CATHOLIC MEMORIAL  
GREATER WAUKESHA TRACK CHAMPIONSHIP**

**Instructions for Athletes**

**General: All Athletes**

NO METAL SPIKES ARE ALLOWED.

NO JEWELRY MAY BE WORN IN COMPETITION.

These rules will be enforced by the meet officials who will have the authority to disqualify any athlete in violation. Running events will not be held up to allow athletes to remove spikes or jewelry.

**Field Events**

Field events run concurrent with running events and are "open-pit." Athletes must complete their jumps or throws during the designated time. (This does not apply to high jump, which will run to completion.) Athletes will need to check out, or wait to check in, to field events in order to compete in their running events. ***Running events will not be held up waiting for athletes.***

Please be aware of your conflicts *before* they occur so that you know how you will deal with them. E.g.: If you have a field event scheduled to run for two hours and the second hour conflicts with a running event, then report to the field event immediately when it begins. Advise the clerk at the field event of your conflict, so that you are allowed to compete when you are available. If the running event conflicts early in the field event, then report to the field event after the running event. \* PLEASE NOTE SPECIAL INSTRUCTIONS FOR HIGH JUMPERS BELOW.\*

Competitors in field events who do not have conflicts with running events should report immediately at the beginning of the field event. Competitors with conflicts will be given priority when they are available for their field event.

The scheduled time for all running events is approximate. The meet may run faster or slower than scheduled. Do not rely upon a written schedule to know when your running events will occur. Listen for announcements and pay attention to the progress of the meet. There will be clerks assigned at all field events to assist in monitoring the progress of the meet. If you don't know something – ASK.

**Fifth Graders**

(Friday) Fifth Graders who are entered in both the 100 meter dash and the softball throw should report to the 100 meter dash. Only after completing their preliminary heat should they report to the softball throw.

(Saturday) Fifth Graders who are entered in the 400 meter dash (and not in the 100 finals) should immediately report to the staging area for the 400 meter dash at the beginning of the meet. The only running event that precedes the 400 is the 100 meter finals. That event will take at most 30 minutes. This will be one of the tighter event transitions of the day.

### **Sixth Graders**

(Friday) Sixth Graders who are entered in both the 100 meter dash and the high jump should report to the 100 meter dash. The high jump will not begin competition until the 100 meter preliminary heats for the sixth grade have been completed.

(Friday) Sixth Graders who are entered in the high jump but not entered in the 100 meter dash should immediately report to the high jump to warm up. When 100 meter runners arrive, they will be given priority for warming up.

(Friday) Sixth Graders who are entered in the 200 meter dash or the 1600 meter run and the high jump should carefully monitor the running events so that the high jump is not significantly delayed. If possible, the high jump competition will wait (the bar will not be raised) for participants in running events. The order of competitors may change to allow the competition to continue for as long as possible before the delay. (See specific instructions for high jumpers, below.)

(Saturday) Sixth Graders who are entered in both the 4 X 100 meter relay and the softball throw should report to the 4 X 100 meter relay. Only after completing their heat in the 4 X 100 relay should they report to the softball throw.

### **Seventh Graders**

(Friday) Seventh Graders who are entered in both the 100 meter dash and the shot put should report to the 100 meter dash. Only after completing their preliminary heat should they report to the shot put.

(Saturday) Seventh Graders who are entered in both the 100 meter dash final and the high jump should report to the 100 meter dash final. The high jump will not begin competition until the 100 meter dash final for the seventh grade has been completed.

(Saturday) Seventh Graders who are entered in the high jump but not entered in the 100 meter dash final should immediately report to the high jump to warm up. When 100 meter runners arrive, they will be given priority for warming up.

(Saturday) Seventh Graders who are entered in the 400 meter dash or the 4 X 100 meter relay and the high jump should carefully monitor the running events so that the high jump is not significantly delayed. If possible, the high jump competition will wait (the bar will not be raised) for participants in running events. The order of competitors may change to allow the competition to continue for as long as possible before the delay. (See specific instructions for high jumpers, below.)

## **Eighth Graders**

(Friday) Eighth Graders who are entered in both the 100 meter dash and the long jump may report to the long jump and begin and/or complete their jumps if that can be accomplished before their heat in the 100. Such athletes should report to the clerk that they are competing in the 100 so that the clerk may move them to the front of competitors to complete their jumps.

(Saturday) Eighth Graders who are entered in the 800 meter run or 200 meter finals or 4 X 400 meter relay and the high jump should carefully monitor the running events so that the high jump is not significantly delayed. If possible, the high jump competition will wait (the bar will not be raised) for participants in running events. The order of competitors may change to allow the competition to continue for as long as possible before the delay. (See specific instructions for high jumpers, below.)

### **Finalists in the 100 Meter Dash**

(Saturday) All finalists in the 100 meter dash should report for the 100 meter finals before going to any conflicting field event. All 100 meter finals will be run in approximately 15 minutes. Consequently it is very important that all finalists are staged immediately at the beginning of the meet on Saturday. Please arrive by 9:30 a.m. at the latest so that you do not miss your final.

### **Finalists in the 200 Meter Dash**

(Saturday) All 200 meter dash finalists must report together to be staged at one time. These finals will take only about 15 minutes.

## **High Jumpers**

It is very important that high jumpers carefully monitor their running events so that the high jump is not significantly delayed when a high jumper must leave to compete in a running event. Therefore, only leave very shortly before your heat is scheduled to begin and immediately return after your heat has concluded. *If you do not immediately return, the competition may continue and the bar raised without you.* Once raised, the bar cannot be lowered. You will still be in the competition but will be required to rejoin the competition with the bar at the height set upon your return.

When you first report to the high jump, advise the high jump clerk that you have a conflict and will be leaving. This will allow the clerk to change the order of competitors if that is necessary to shorten a delay in the event. Advise the clerk again immediately before you leave. Also advise the clerk for the running event that you will be reporting right before the event begins because of a conflict. If you cannot do this, have a coach or friend do it.