

CrossTown Middle School League Track & Field

2010 Meet Dates

- 1) Saturday April 17th – SAAS Invite - 10 am–3 pm at West Seattle Stadium
- 2) Wednesday April 21th - CTMSL Meet - 5:30 pm at Lake Washington HS
- 3) Tuesday April 27th - CTMSL Meet – 3:30 pm Juanita High School
- 4) Friday May 7th – CTMSL Meet – 5:30 pm at Lake Washington High School
- 5) Friday May 14th – CTMSL Championships 4:00 pm – at West Seattle Stadium

Proposed Schedule for CTMSL meets

Proposed Order of Running Events

Proposed Attempts at Field Events

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- 1) **Hurdles – 100 meter lows**
 - 2) **100 meters**
 - 3) **1600 meters**
 - 4) **400 meter relay (4x100)**
 - 5) **400 meters**
 - 6) **800 meters**
 - 7) **200 meters**
 - 8) **800 meter relay (4x200)**

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- Shot Put – 3 throws**
High Jump – 3 jumps
Long Jump – 3 jumps
Discus – 3 throws
Javelin – 3 throws

- Athletes may compete in a maximum of 4 events.
 - Four boys and four girls maximum per grade may represent each team in each event (with the exception of the relays).
 - All meet entries should be entered on www.athletic.net.
 - There will be a short coaches meeting 20 minutes before the start of each meet to ensure that all volunteers are present.
 - Field event sheets should be handed in at this coaches meeting.
 - Heats will be run in the races 400 meters and shorter and as needed for longer events.
 - In the final meet, grade level heats (6th, 7th, & 8th) will be run in all races 400 meters and shorter.
 - The 1600 & 800 meters will be run with all grades together (by gender at all the meets).
 - Relays races may also be combined only if there are not enough grade level entries.
 - Ribbons will be awarded for the Championship results to the top eight places regardless of grade. These ribbons will be mailed to the participating schools.
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Basic Rules For the Events

1. **Hurdles (100 meters)** – Both boys and girls will use the distance and height used by high school girls (lowest hole on the hurdle).
2. **100 Meters** – Must stay in lane assignment the entire race.
3. **1600 meters** – Two races by gender starting with the boys. Runners will use a waterfall start and teams will stack multiple runners in their assigned lanes.
4. **400 Meter Relay (4x100)** - Use a staggered start, keeping in assigned lanes throughout.
5. **800 Meters** - Run in lanes using a staggered start. After one lap, runners can move safely toward the inside.
6. **200 Meter** - Race is run in lanes with a staggered start and heats.
7. **800 Meter Relay (4x200)** - Runners one and two stay in their lanes. Runner three can safely move to the inside lane. Fourth runners will be positioned based upon the third runner's position as they get to the backstretch.
8. **High Jump** - All practice jumps will occur without a bar. Opening height will be 3'6". The bar will be raised every 10 minutes. It is the athlete's responsibility to jump during this time period. The bar will not be lowered. Each jumper will get a total of three misses once they have begun (not three misses at each height). Participants may take a pass at any height.
9. **Long Jump** - Each jumper will get three jumps. All jumpers will jump from the same mark- a modified line (made with duct tap) at four feet from the sand pit.
10. **Shot Put** - Each participant will get three throws. Girls will use a 6 lbs. shot & the boys will use an 8 lbs. shot.
11. **Discus** - Three throws – 1 kg. discuss
12. **Javelin** – Turbo Jav – 300 gram
13. **Lane Assignments** will be produced by hi-tech from athletic.net. Meet hosts to produce meet packets and lane assignments.
14. ***Meet Host schools – April 21st – Bellevue Christian
April 27th – CP and Shoreline
May 7th – UPrep and Bush
May 14th – Seattle Academy**

Meet Management Responsibilities

Meet Marshall – Host Schools includes meet packets with lane assignments

Announcer – Gary Emslie (Bush)

Starter – Cedar Park Christian

Stager – Host schools

Hurdle Set Up & Tear Down – every School

Finish Line / Timing – Host Schools

Field Event Responsibilities

Shot Put – Seattle Academy

High Jump – Bellevue Christian

Long Jump – Bear Creek

Discus – Bush

Javelin – University Prep

*It is the responsibilities of the host schools to do the following:

- Provide the finish line timers and results of the meet.
- Stage the meet – (put athletes in lanes based on Meet packet)
- Allow no adding on the day of the meet. Schools can sub.
- Make sure all the volunteers are lined up (each school has field event responsibilities it is your job to let the host school know if you cannot cover your event)