

Mandatory Meeting Agenda – St. Joseph CYO Track 2020

TRACK MEET – James Logan High School Union City, CA

Attire (T-shirt, Bib, shorts, running shoes or cleats, hair ties/ribbons/bandanas, windbreakers); Bibs must be worn up-front of an athlete's team T-Shirt

ARRIVAL – no later than 11:15am; run a warm-up lap around the track, then stretch with them team in the middle of the field. Relay teams should decide who's running pure team or mixed relays and what position. At 11:45am, girls relay will start staging. Volunteer parents should report to relay staging area by that time as well.

Athlete Event Option 1

- 2 running events {50, 100, 200, 400, 800, 1600}
- 1 field event {softball, long jump, tetherball, shotput, high jump}
- 2 relays {4x100m, (4x400 for 5th grade and up)}

Athlete Event Option 2

- 1 running events {50, 100, 200, 400, 800, 1600}
- 2 field event {softball, long jump, tetherball, shotput, high jump}
- 2 relay {4x100m, (4x400 for 5th grade and up)}

STAGING

- Pure parish or mixed relay 4x100m participants must come to relay staging area on or before last call is made
- Running events take precedence over field events
- Athletes can leave a field event to participate in a running event but must return immediately after

RIBBONS & MEDALS – measure improvements

- Running event ribbons & medals are awarded after each race
- Field event ribbons & medals available after 3:00pm from coordinators

REMINDER: Good warm-up then stretch

- Keep warm; jackets & pants if necessary
- Hydrate; drink water, Gatorade, no-soda
- No soda or high salty foods the night before – no chips
- Eat fruits for snacks during the meet, do not over-eat
- Report any health and or injuries issues immediately; prior, during, or after
- Keep medication i.e. inhalers readily available

TRACK CONDUCT

Supporters

- Parents & supporter parents are not allowed on field. No exceptions
- Be supportive of your athlete
- Cheering vs. coaching i.e. “go Johnny go” vs. “run fast around the curve”
- Respect other parish teams and their athletes
- Sit together in one area; stay clear of the fence bordering lane 8

Athlete

- Listen to track announcements especially “First Call or Last Call” for an event
- Be supportive of your teammate; Congratulate other kids; “good job”
- Socialize
- RUN – FOR – FUN!

PARENTS: Always know where your child is. **** DO NOT DRIVE OTHER KIDS TO THE MEET****

Field Events

K-2

Softball & Long Jump

3-8

Softball, Long Jump,
Tetherball, Shot Put,
High Jump

5th & up

High Jump, Shot Put

Complete all field events
before 3:00pm or prior
to event closing

Order of Events

4x100m Relay

1600m

800m

400m

Tiny-Tot Run

100m Sprint

50m Sprint

200m Sprint

4x400m Relay

Except for Girls Long
Jump, all field events
open between 12:00 -
3:00pm.

MEET CANCELLATION

Only the section III coordinator has the authority to cancel a meet. Adverse rain condition can cancel a meet in progress.

Check your emails prior to a meet for any last minute changes. Check our website for additional information.
<http://www.saintjosephmsj.org/cyo/track/index.html>

EMERGENCY

Please report all injuries and emergencies to your coaches. Call 911 for life threatening emergencies.