



LA84 FOUNDATION/MT. SAC RELAYS YOUTH DAYS

MIDDLE SCHOOL DIVISION SCHEDULE Friday, March 20, 2015

Running Event Schedule

While the meet will move along very efficiently, with the large number of athletes being accommodated, it is impossible to predict "start times" for any event beyond the first event of the day. It therefore becomes all-important that you stay aware of the ORDER OF EVENTS (by grade level) for your warm-up and "check-in" at the Clerk of the Course (located South of the Track). **Indicates a waterfall start.

TIME	EVENT	GRADE	GENDER	LOCATION	NOTES	#ATHLETES	#AWARDS
7:00-8:20 AM	Complete Registration						
8:20 AM	1200M and 1500M - All athletes competing in these events report to the START LINE at the North West Corner of the Track Shuttle Hurdle - Report to Clerk of the Course						
8:30 AM	4X100M LH Relay	6, 7 & 8	Boys, Girls, Mixed	Stadium Grass		6 teams	Top 3 teams
8:30 AM	1200M Run	6 & 7	Girls			45	15
	1200M Run	6 & 7	Boys			45	15
	1500M Run	8	Girls			45	15
	1500M Run	8	Boys			45	15
	4X400M Relay**	6, 7 & 8	Girls			18	6
	4X400M Relay**	6, 7 & 8	Boys			18	6
	Sprint Medley Relay**	6, 7 & 8	Girls		300M, 100M, 300M, 100M	12	4
	Sprint Medley Relay**	6, 7 & 8	Boys		300M, 100M, 300M, 100M	12	4
	4X100M Relay	6, 7 & 8	Girls			9	3
	4X100M Relay	6, 7 & 8	Boys			9	3
	Distance Medley Relay**	6, 7 & 8	Girls		800M, 200M, 200M, 400M	24	8
	Distance Medley Relay**	6, 7 & 8	Boys		800M, 200M, 200M, 400M	24	8
	100M	6 & 7	Girls	East		9	3
	100M	6 & 7	Boys	West		9	3
	100M	8	Girls	East		9	3
	100M	8	Boys	West		9	3

Field Event Schedule

The ORDER OF EVENTS and their location is accurate. After 9:00 AM, all other start times are tentative. Please do not go to your field event until it announced to do so.

TIME	EVENT	GRADE	GENDER	LOCATION	NOTES	#ATHLETES	#AWARDS
9:00 AM	Junior Javelin	8	Boys	Area 1		9	3
9:00 AM	Junior Javelin	8	Girls	Area 2		9	3
9:00 AM	Long Jump	8	Boys	Area 2		9	3
9:00 AM	Long Jump	8	Girls	Area 1		9	3
9:00 AM	Long Jump	7	Girls	Area 4		9	3
9:00 AM	Long Jump	7	Boys	Area 3		9	3
9:00 AM	Shot Put	8	Girls	Area 2		9	3
9:00 AM	Shot Put	8	Boys	Area 1		9	3
10:00 AM	High Jump	7-8	Boys & Girls	D Apron	All high jumpers report	9	3
10:30 AM	Junior Javelin	7	Girls	Area 1		9	3
10:30 AM	Junior Javelin	7	Boys	Area 2		9	3
10:30 AM	Long Jump	6	Girls	Area 1		9	3
10:30 AM	Long Jump	6	Boys	Area 2		9	3
10:30 AM	Shot Put	7	Boys	Area 1		9	3
10:30 AM	Shot Put	7	Girls	Area 2		9	3
10:30 AM	Triple Jump	6, 7 & 8	Boys	Area 3		9	3
10:30 AM	Triple Jump	6, 7 & 8	Girls	Area 4		9	3
11:00 AM	Shot Put	6	Boys	Area 1		9	3
12:00 PM	Shot Put	6	Girls	Area 2		9	3
12:30 PM	Junior Javelin	6	Boys	Area 2		9	3
12:30 PM	Junior Javelin	6	Girls	Area 1		9	3

NOTE: At 11:30 am, ALL EVENTS will come to a halt for a 30 minute lunch break for our volunteer officials. At 12 Noon, all competitions will resume exactly were they were stopped.



LA84 FOUNDATION/MT. SAC RELAYS YOUTH DAYS

ELEMENTARY DIVISION SCHEDULE Saturday, March 21, 2015

Running Event Schedule

While the meet will move along very efficiently, with the large number of athletes being accommodated, it is impossible to predict "start times" for any event beyond the first event of the day. It therefore becomes all-important that you stay aware of the ORDER OF EVENTS (by grade level) for your warm-up and "check-in" at the Clerk of the Course (located South of the Track). **Indicates a waterfall start.

TIME	EVENT	GRADE	GENDER	LOCATION	NOTES	#ATHLETES	#AWARDS
7:00-8:20 AM	Complete Registration						
8:20 AM	Final Instructions - All competitors and coaches please assemble in East Stadium Area						
8:30 AM	300M	3	Girls then Boys	Track		16	6
	300M	4	Girls then Boys	Track		16	6
9:10 AM	800M	5	Girls then Boys	Track		16	6
	800M	6	Girls then Boys	Track		16	6
9:30 AM	4X100M Shuttle Hurdle Relay	3	Girls then Boys	Stadium Field		6	3
	4X100M Shuttle Hurdle Relay	4	Girls then Boys	Stadium Field		6	3
	4X100M Shuttle Hurdle Relay	5	Girls then Boys	Stadium Field		6	3
	4X100M Shuttle Hurdle Relay	6	Girls then Boys	Stadium Field		6	3
	Sprint Medley Relay	3	Girls then Boys	Track	300M-100M-300M-100M	12**	9
	Sprint Medley Relay	4	Girls then Boys	Track	300M-100M-300M-100M	12**	9
	4X100M Relay	3	Girls then Boys	Track		9	3
	4X100M Relay	4	Girls then Boys	Track		9	3
	4X100M Relay	5	Girls then Boys	Track		9	3
	4X100M Relay	6	Girls then Boys	Track		9	3
	Distance Medley Relay	5	Girls then Boys	Track	400M-200M-200M-400M	16**	9
	Distance Medley Relay	6	Girls then Boys	Track	400M-200M-200M-400M	16**	9
	100M	5	Girls then Boys	Track	Girls East Track, Boy's West Track	9	3
	100M	6	Girls then Boys	Track	Girls East Track, Boy's West Track	9	3
	50M	3	Girls then Boys	Track	Girls East Track, Boy's West Track	9	3
	50M	4	Girls then Boys	Track	Girls East Track, Boy's West Track	9	3

Field Event Schedule

The ORDER OF EVENTS and their location is accurate. After 9:00 AM, all other start times are tentative. Please do not report to your field event until it announced to do so.

TIME	EVENT	GRADE	GENDER	LOCATION	NOTES	#ATHLETES	#AWARDS
9:00 AM	Junior Javelin	6	Boys	Area 1		9	3
9:00 AM	Junior Javelin	6	Girls	Area 2		9	3
9:00 AM	Junior Javelin	4	Boys	Area 3		9	3
9:00 AM	Junior Javelin	4	Girls	Area 4		9	3
9:00 AM	Long Jump	4	Boys	Area 3		9	3
9:00 AM	Long Jump	4	Girls	Area 4		9	3
9:00 AM	Long Jump	6	Boys	Area 2		9	3
9:00 AM	Long Jump	6	Girls	Area 1		9	3
10:30 AM	Long Jump	5	Boys	Area 2		9	3
10:30 AM	Long Jump	5	Girls	Area 1		9	3
10:30 AM	High Jump	ALL	Girls and Boys	D Apron	All high jumpers report	9	3
10:30 AM	Junior Javelin	3	Boys	Area 3		9	3
10:30 AM	Junior Javelin	3	Girls	Area 4		9	3
10:30 AM	Junior Javelin	5	Boys	Area 1		9	3
10:30 AM	Junior Javelin	5	Girls	Area 2		9	3
10:30 AM	Long Jump	3	Boys	Area 3		9	3
10:30 AM	Long Jump	3	Girls	Area 2		9	3
11:00 AM	Shot Put	5-6	Girls	Area 2		9	3
12:00 PM	Shot Put	5-6	Boys	Area 1		9	3
12:00 PM	Standing Triple Jump	3-4	Girls and Boys	Area 1 & 2		9	3
12:00 PM	Triple Jump	5-6	Boys	Area 3		9	3
12:00 PM	Triple Jump	5-6	Girls	Area		9	3

NOTE: At 11:30 am, ALL EVENTS will stop for a 30 minute volunteer official lunch break. At Noon, all competitions will resume exactly were they were stopped.