

## CMAC GIRLS & BOYS CHAMPIONSHIP MEET

SITE: Showalter Field **located off Cady Way and Perth Lane**  
**At Ward Park / Cady Way Park, Winter Park, Florida**  
**Rescheduled for Saturday, December 12, 2009**

### ORDER OF EVENTS

These are approximate times that each event will start. The meet will roll, meaning if we get ahead of schedule you need to be prepared to run earlier or if we fall behind be prepared to run later.

- 8:00 AM Coaches and Athletic Director Meeting at Clerk Tent (located at the 100 meter starting line) Pick up meet packets/wristbands/Q&A time.
- 8:00 AM Volunteers/Officials Meeting at finish line area. PLEASE BE PROMPT
- 8:45 AM Team Prayer
- 9:00 AM Field Events Open
- 100 Meter Dash – 18 Heats Total (3 heats per grade/sex). **No final.**
- 10:00 AM 1600 Meter Run – 6 Heats Total (each grade/sex runs a heat)
- 11:00 AM 4 x 100 Relay – 12 Heats Total (2 heats per grade/sex)
- 12:00 PM All Field Events Close at 12:00 PM. No exceptions.**
- 12:30 PM 400 Meters – 18 Heats Total (3 heats per grade/sex)
- 1:15 PM Mixed Relays (Not scored. Hand timed. Ribbons at finish line.)
- 2:15 PM 800 Meters – 6 Heats Total (each grade/sex runs a heat)
- 3:00 PM 200 Meters – 18 Heats Total (3 heats per grade/sex)
- 3:45 PM 1600 Meter Relay (Mile Relay)—one team per school – 4 heats total divided into 6 entries per heat—fast heat/slow heat for girls and boys

**Athletes are required to check in with the Clerk of the Track prior to start of their event. The Clerk/Check-In area will be behind the 100 meter dash starting area. A staging area for athletes will be roped off and athletes will be escorted to their respective starting lines for all running events. Field even participants check in at their respective field event.**

**NO JEWELRY allowed on the athletes at any time.**  
**MUST WEAR SCHOOL SHIRT in competition.**

Running Events are run in the following order:

6<sup>th</sup> grade girls  
6<sup>th</sup> grade boys  
7<sup>th</sup> grade girls  
7<sup>th</sup> grade boys  
8<sup>th</sup> grade girls  
8<sup>th</sup> grade boys

Field Events will be in flights.

There will be separate throwing and jumping areas for girls and boys.

**All Field Events will close at 12:00 PM (NO EXCEPTIONS)**  
**If you are in line and waiting at that time you will be allowed to jump.**