

CMAC GIRLS & BOYS CHAMPIONSHIP MEET

SITE: Showalter Field
Near Winter Park High School
Saturday, November 22, 2008
(Make-Up Date Saturday, December 6, 2008)

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.

8:45 AM Team Prayer

9:00 AM Field Events Open

100 Meter Dash – 18 Heats Total (3 heats per grade/sex)

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

12:30 PM 400 Meters – 18 Heats Total (3 heats per grade/sex)

1:00 PM Mixed Relays (Not scored. Hand timed. Ribbons at finish line.)

2:00 PM 800 Meters – 6 Heats Total (each grade/sex runs a heat)

2:45 PM 200 Meters – 18 Heats Total (3 heats per grade/sex)

3:30 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 the 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. Field event participants check in at their respective field event.

Running Events are run in the following order:

6th grade girls
6th grade boys
7th grade girls
7th grade boys
8th grade girls
8th 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.