

2006-2007 Region III Track Meet

May 18th and 19th
Skyview High School



Schedule of Events-

Friday May 18th

9:00 Coaches Meeting
10:00 Field Events Begin
12:00 3200 Meter Run
12:30 100, 200, 400, 800, 100/110/300/ hurdles

Saturday May 19th

9:00 Coaches Meeting
10:00 Field Events
12:00 Running Events

<u>ACS</u>	<u>COLONY</u>	<u>GLENNALLEN</u>	<u>GRACE</u>
<u>HOMER</u>	<u>HOUSTON</u>	<u>KENAI</u>	<u>KODIAK</u>
<u>NIKISKI</u>	<u>PALMER</u>	<u>SEWARD</u>	<u>SKYVIEW</u>
<u>SOLDOTNA</u>	<u>VALDEZ</u>	<u>WASILLA</u>	

Welcome to the Region III Track Meet Held at Skyview High School

We will be following the guidelines outlined on the Region III website:
<http://www.asaa-region3.com/bylaws/track.pdf>

ALL ENTRIES ARE DUE BY 9:00pm ON TUESDAY, MAY 15TH as required by the Region III by-laws

Lane assignments will be seeded for each event. **Please indicate the best time, throw, or jump that athlete has attained this year in a meet or intersquad.** The athletes have to meet a qualifying time (see attachment), then after that we fill the next best times up to 16 entries.

You must supply your own batons, shots, and discuses. They will be weighed or measured on Friday at 9:00. All throws and jumps will be best of three attempts-qualifying the top 8 for finals.

Girls High Jump will start at 4'0"-----Boys at 5'0".

School uniforms are to be worn by all competitors; spikes are to be no longer than 1/4".

Schools may be asked to provide one official for the Meet. Assignments will be made at the coaches meeting. Currently we have the following schools that are responsible for these events:

- a. Seward-Long Jump
- b. ACS-Triple Jump
- c. Skyview-High Jump
- d. Houston-Discus
- e. SoHi-Shot
- f. Kenai-Timers

Awards: Ribbons for first 3 individuals in each event.
 Plaques for the first place teams only.
 Coach of the Year award for both genders
 Male and Female MVP award

ORDER OF EVENTS (10:00 am Friday)

9:00 Coaches Meeting in Library

- High Jump----- Girls**
- Shot Put-----Boys**
- Discus-----Girls**
- Long Jump-----Boys and Girls (two pits)**

- | | |
|---|--|
| 1. 12:00----Girls 3200 m Run | 6. Follow ---400 m Prelims |
| 2. Follow ---Boys 3200 m Run | 7. Follow --- 300 m Hurdles Prelims |
| 3. Follow ---100 girls m Hurdles Prelims | 8. Follow --- 800 m Prelims |
| 4. Follow ---110 boys m Hurdles Prelims | 9. Follow ----200 m Prelims |
| 5. Follow ---100 m Prelims | |

ORDER OF EVENTS (10:00 am Saturday)

9:00 Coaches Meeting in Library

- Shot Put-----Girls**
- High Jump-----Boys**
- Discus-----Boys**
- Triple Jump-----Girls and Boys (two pits)**

(12:00pm Saturday---Girls Heats First, then Boys)

- | | |
|--|--------------------------------|
| 1. 3200 m Relay | 7. 400 m Relay |
| 2. 100 m Hurdles Finals (Girls) | 8. 400 m Finals |
| 3. 110 m Hurdles Finals (Boys) | 9. 300 m Hurdles Finals |
| 4. 100 m Finals | 10. 800 m Finals |
| 5. 800 m Relay | 11. 200 m Finals |
| 6. 1600 m Run | 12. 1600 m Relay |