



CENTRAL CATHOLIC
HIGH SCHOOL

2013 Three Rivers Athletic Conference
Track & Field Championships
Coach & Team Information

Wednesday, May 15, 2013

4:00 P.M. Field Events-Finals

- | | |
|----------------------|--------------------|
| 1. Boys Pole Vault | 4. Girls Shot |
| 2. Boys Discus Throw | 5. Girls High Jump |
| 3. Boys Long Jump | |

5:00 P.M. Running Events-Finals & Semi Finals; Track & Turf will be closed at 5 p.m. No Participants on turf for warm ups

1. Girls 4 x 800 Meter Relay (1 Heat; Final)
2. Boys 4 x 800 Meter Relay (1 Heat; Final)

5:30 P.M. Semi Finals Two Heats; Top 8 times

- | | |
|----------------------------------|--|
| 1. Girls 100 Meters High Hurdles | 6. Boys 400 Meter Dash |
| 2. Boys 110 Meters High Hurdles | 7. Girls 300 Meter Low Hurdles |
| 3. Girls 100 Meter Dash | 8. Boys 300 Meter Intermediate Hurdles |
| 4. Boys 100 Meter Dash | 9. Girls 200 Meter Dash |
| 5. Girls 400 Meter Dash | 10. Boys 200 Meter Dash |



Friday, May 17, 2013

4:30 P.M. Field Events-Finals

- | | |
|-----------------------|-------------------|
| 1. Girls Pole Vault | 4. Boys Shot Put |
| 2. Girls Discus Throw | 5. Boys High Jump |
| 3. Girls Long Jump | |
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5:45 P.M. ALL ACADEMIC LINE UP

6:00 P.M. Running Events Finals

1. Girls 100 Meter High Hurdles
2. Boys 110 Meter High Hurdles
3. Girls 100 Meter Dash
4. Boys 100 Meter Dash
5. Girls 4 x 200 Relay
6. Boys 4 x 200 Relay
1. Girls 1600 Meter Run
2. Boys 1600 Meter Run
3. Girls 4 x100 Meter Relay
4. Boys 4 x 100 Meter Relay
5. Girls 400 Meter Dash
6. Boys 400 Meter Dash
7. Girls 300 Meter Low Hurdles
8. Boys 300 Meter Intermediate Hurdles
9. Girls 800 Meter Run
10. Boys 800 Meter Run
11. Girls 200 Meter Dash
12. Boys 200 Meter Dash
13. Girls 3200 Meter Run
14. Boys 3200 Meter Run
15. Girls 4 x 400 Meter Relay
16. Boys 4 x 400 Meter Relay



CENTRAL CATHOLIC
HIGH SCHOOL

2013 Three Rivers Athletic Conference
Track & Field Championships
Gallagher Athletic Complex, Central Catholic High School
May 15 & 17, 2013

Coach's Memo

Starting Heights: Determined by the Games Committee.

Girls Pole Vault _____ Boys Pole Vault _____
5 Alive Girls High Jump _____ 5 Alive Boys High Jump _____

Games Committee: Bill Gilbert, 2 Whitmer coaches (as hosts in 2012); 2 Clay coaches (as hosts in 2014).

Long Jump: Two Flights; 3 jumps; top 9 to finals, 3 more attempts

Boys Discus, Girls Shot Put: 2 participants per team; 3 attempts, best 9 to finals, 3 more attempts.

Discus/Shot Weigh In: 3 p.m. in bay closest to Walnut St in the maintenance garage. All legal implements will be marked. Illegal implements will be retained until end of the meet.

Scoring: 8 Places: 10-8-6-5-4-3-2-1

4 x 400: will use a 3-turn stagger.

Excused Athletes: No athlete should check out until after the SECOND CALL for that event has been made. The athlete should report back IMMEDIATELY at the conclusion of the event. The judge will grant the athlete a "rest period."

Team Camps: All camps will be located inside Gallagher Stadium in the east side (visitor's) grandstands.

Clerk: Turn in relay cards to clerk; lanes to be assigned by clerk; bull pen located on north end, closest to the side entrance of CCHS.

Coaches Box: For Coaches Only. Fan must remain in authorized areas. 6 wrist bands will be given to each school for identifying coaches. Coaches must have a valid PAP to have wrist band.

Coaches Meeting: 3:30 pm Wednesday. Meet to pick up packets in the maintenance garage bay closest to the Participant/Coach entry on Walnut St.



Entries/Scratches: Use On Line Entry with Baum's Page
+Entry window opens: Sunday, May 5, 2013, 8 a.m.
+Entry window closes: Monday, May 13, 2013, 6 p.m.
+Scratch/Substitutions due: Wednesday, May 15, 10 a.m.

Awards: Individual awards will be presented on the field when finish is official.

~~Inclement Weather: Use Sullivan Center. Coaches must remain with their team and accompany them indoors.~~

Electronic Devices: No cell phones, Ipods, etc., during competition. Keep electronic devices outside the stadium facility.

Team Entrance/Bus Unloading: Team entrance and bus unloading is along Walnut Street behind the school. Busses will park behind the visitors seating of the Gallagher Stadium. Walnut Street is only accessed via Mettler Street.

Turf Rules: All coaches, parents, athletes and spectators are to be in seating area of the stadium. No warm ups or cool down on turf.

Uniform/Jewelry Rules: Uniform & jewelry regulations will be strictly enforced in accordance with Track & Field rules. Team members shall wear the school-issued uniform and wear as intended by the manufacturer. The waist band of a competitor's bottom shall be worn above the hips. The top portion must be tucked into the bottom portion. Visible garments worn under the uniform must be unadorned, except for the manufacturer's logo (one) and a single color. No jewelry will be permitted. These regulations will be followed in all events.

Trainers: Certified trainers will be available.

RESULTS WILL BE AVAILABLE ON www.baumspage.com

GOOD SPORTSMANSHIP WILL BE ENFORCED AT ALL TIMES!!!

POST SEASON MEETING: To Be Announced.



CENTRAL CATHOLIC
HIGH SCHOOL

2013 TRAC Track & Field Championships
All Academic Line Up Form
Friday May 17, 2012

*All Academic are to line up @ 5:30pm at the participant entry gate near Walnut St.

SCHOOL: _____ Girls: _____ Boys: _____

Please list your athletes below in alphabetical order.

ATHLETE'S NAME		ATHLETE'S NAME	
1		25	
2		26	
3		27	
4		28	
5		29	
6		30	
7		31	
8		32	
9		33	
10		34	
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22		46	
23		47	
24		48	





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