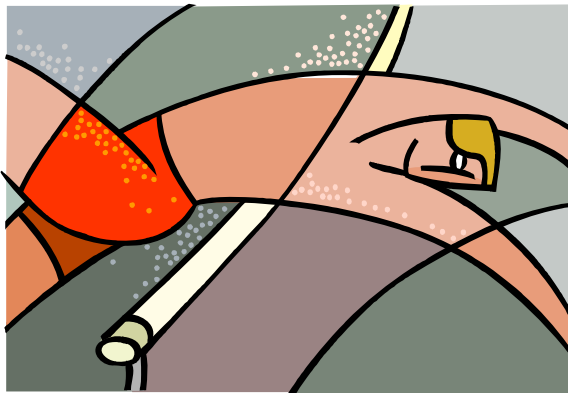


2010
CYO TRACK & FIELD
PACKET



Office for Youth and Young Adults
Catholic Youth Organization
Archdiocese of Philadelphia

2010
CYO Track & Field Program
Coaches' Packet

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Mission Statement

CYO Sports is one component of a parish's comprehensive youth ministry program which enables the partnership of parents, coaches, priests, religious, teachers, and adult leaders to manage and support a sports program that allows youth to grow in their relationship with God and come to better understand themselves and the Catholic Faith.

Such a program.

- *employs healthy and enjoyable competition to promote the sharing of gospel values among athletes, parents, and coaches.*
- *assists parish leadership in nourishing the emotional, spiritual, social and physical needs of young people.*
- *encourages young people to appreciate the gifts that they possess, and challenges them to share these gifts with their community.*
- *allows youth to witness the life of Christian discipleship in their coaches and adult leaders.*
- *encourages youth to become responsible members of their faith community.*

The CYO Track & Field Program is organized using the geographical designation of “AREA”. The Archdiocese of Philadelphia is composed of four (4) areas, within areas there are regions. During the course of the season, regions may choose to sponsor regional meets.

Area Organization

Area A	Regions: 1, 3, 5 6, 8
Area C	Regions: 11, 19, 20
Area D	Regions: 25, 30
Area E	Regions: 10, 17, 18, 21, 32

Archdiocesan Track & Field Committee

Area Commissioners

Area A	Dan Danifo
Area C	Mary Ellen Malloy
Area D	Martha Shields
Area E	George O’Connell *

Other Members

Al Enriken
Doug Bartlett
Michael Curry
Jim O’Dore
Vince Giarrocco
Judy Putsch

* Archdiocesan Track & Field Coordinator

2010 CYO Track & Field Calendar

March 1, 2010	Start of Season
April 12, 2010	Penn Relays Roster Deadline
April 12, 2010	Deadline for Team Rosters to Region Commissioner
April 20, 2010	CYO Night at Penn Relays
April 23, 2010	Penn Relay Championship Races
May 15 or 16, 2010	Region Championship Meets
May 22 or 23, 2010	Area Championship Meets
June 5, 2010	Archdiocesan Championship Meet at University of Pennsylvania – Franklin Field

• **General Eligibility**

Parish Eligibility - In order for a parish to sponsor a team in the 2010 CYO Track & Field Program, the parish must fulfill the following two requirements.

- 1) The parish must be a chartered member with the Parish Youth Ministry Office of the Archdiocese of Philadelphia. For more info, call 215-965-4638.
- 2) A parish representative must have attended the 2009 Athletic Ministry Conference.

Coaches' Eligibility - In order to coach in the CYO Track & Field Program, an individual must meet the following criteria:

- 1) A Head Coach must be a mature Christian adult of at least twenty-one (21) years of age prior to March 1, 2010. Assistant Coaches have no minimum age requirement, unless specified by their parish.
- 2) All coaches, including assistant coaches MUST have attended the CYO Coaches' Orientation Program prior to the start of their second year of coaching. An assistant coach is defined as anyone who works with and/or instructs members of the track team one day a week or more.
- 3) All coaches must meet any additional requirements of their parish.
- 4) All coaches must provide their Parish every fifth year a Police Check Form.
- 5) All coaches must be listed on the "Coaches Eligibility Card" which is submitted with the team roster.

The Archdiocese of Philadelphia is committed to the implementation of the Charter for the Protection of Children and Young People. Therefore, all adults involved in ministry and service to children must provide required background checks and proof of attendance at the Safe Environment training for their parish.

Athlete Eligibility - Each athlete in the CYO Track & Field Program must meet all eligibility guidelines outlined in the most current CYO Athletic Ministry Handbook. This includes the following:

1. Athletes must be in grades 4 through 8. No exceptions.
2. Athletes must be registered members of the parish or attend the parish school.
3. Athletes may not have been born prior to September 1, 1994.
4. All athletes must be listed on the parish's official CYO roster.

*please review the CYO Athletic Ministry Handbook for full eligibility guidelines.

Section 5

2010 CYO Track & Field Regulations

All rules outlined in the CYO Athletic Ministry Handbook are in effect for the 2010 track & field season. Coaches should take special note of the items listed below, as well as the balance of this packet. Significant changes and updates have been made. There is no excuse for any violations of the rules.

Age Divisions

Novice Born in 1999 or 2000

Minor Born in 1997 or 1998

Cadet Born in 1995 or 1996, or on or after September 1, 1994

*A boy or girl may move up one age group for meet competition, but must remain in that group for the entire meet.

Athletes who move up an age group:

- 1) If a minor moves up to cadet he/she may not participate in triple jump.
- 2) If a minor moves up to cadet he/she may not participate in shot put.

***No athlete may move down an age group.**

Official Events

Track

100m dash
200m dash
400m dash
800m run
1600m run
4 x 100m relay
4 x 200m relay
4 x 800m open relay

Field

High Jump
Long Jump
Shot Put
Triple Jump (Cadets Only)

Participation Limits:

- Novice & Minors – each participant is limited to three events
- Cadets – each participant is limited to four events.
- The total distance for any participant may not exceed 2800m.

Equipment Notes:

- 1) Starting blocks may not be used.
- 2) Spikes and shoes that take spikes will be permitted in CYO competitions. On an all weather track, spikes no longer than ¼ inch will be permitted. If the track facility chooses to make the restriction on spike length greater (that is, no spikes longer than 1/8 inch) the teams must abide by the rule or risk disqualification from the meet. On cinder or dirt tracks, spike lengths are to be determined by the individual competitor.
Spikes can not be worn in the grandstand.

Protests relating to matters, which have developed during the course of the competition, must be made to the Meet Referee immediately and not later than 30 minutes after a result has been announced. Protests are to be made in writing and accompanied by a \$75.00 cash protest fee. The fee will be refunded if; either the Meet Referee or the Jury of Appeals upholds the protest.

Coaches are not to enter the infield or clerking areas. If the need to file a protest arises, please contact the announcer or a marshal outside of the field, and he/she will contact the Meet Referee.

At the **Region or Area Level**, the Meet Referee or the region/area appeal committee's (if one has been established) decision will be final at the event. An appeal of the decision must be filed within 48 hours of the conclusion of the meet with the Area Commissioner. All appeals at this level are to be in writing and must have the signatures of both the coach, and the Parish Athletic Director. The Area will form a Board of Appeals to handle the protest. Any further appeals need to follow the procedure outlined in the CYO Athletic Ministry Handbook.

NOTE: An athlete may always approach the event's Head Official about a ruling. If the explanation is unclear, the athlete should ask the event's Head Official to speak to his/her coach (off of the field). If the coach is dissatisfied with the ruling, the protest procedure indicated above comes into play.

Abuse of Officials

Below are adaptations of the following rules

- 1) USATF Rule 6 Section 8
- 2) National Federation of State High School Associations Rule 1-1-2
- 3) National Federation of State High School Associations Rule 4-5-1, 4-5-2 and 4-5-7.

CYO will apply the following rules to coaches, athletes, and spectators:

The USATF Rule reads, "Any competitor who shall refuse to obey the directions of the Referee or other proper official, or who shall conduct himself/herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or competitors at any competition may be disqualified by the Referee from future competition at the meet."

NFHS 4-5-1 "Unsportsmanlike conduct is behavior which is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel."

NFHS 4-5-2 "Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity which is not directed at someone or any action which could bring discredit to the individual or his/her school."

NFHS 4-5-7 If a nonparticipating team member interferes with a competitor during the competition, the nonparticipating team member may be disqualified from the meet. The nonparticipant's teammate(s) also may be disqualified."

*** Coaches should be knowledgeable of these rules and communicate them to their competitors, their competitors' parents and their spectators.**

Section 6

CYO Competition Rules

- 1) All competitors must complete the full distance of the race. When they start, they shall not touch either the starting line or the surface in front of it with their hands or feet. They shall be placed at the finish in the order in which any part of their bodies (i.e., the "torso" as distinguished from the head, neck, arms, hands, legs, or feet) reaches the finish line.
- 2) Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks. After entering upon the final straightaway of all races run around one or more turns, each competitor shall run in a direct line, to the finish line, unless there is another runner in his path.
- 3) Any athlete who is jostling, running across, or obstructing another athlete, so as to impede his progress, shall be liable to disqualification in that event. If an athlete is disqualified for any such reasons, the Referee, in the case of a heat, shall have the power to permit any competitor affected by the act resulting in the disqualification (other than the disqualified competitor) to compete in a subsequent round of the race, where feasible to do so and, in the case of a final race, shall have the power to order the race to be rerun, excluding the disqualified competitor.
- 4) In races partially in lanes, each competitor must keep in the allotted lane from the start to the marked cut-in points. Unless a material advantage has been gained, a competitor shall not be disqualified if he/she:
 - a) is pushed or forced by another competitor to run out of the lane, or
 - b) runs out of the lane on the straightaway, or
 - c) runs outside of the outer lane line on the curve.

At no time is a runner permitted to run on the infield or outside the inner lane line on the track during the course of the competition. Excluding the above exceptions, the referee shall disqualify a competitor if an Umpire reports that the competitor has run out of the lane.

- 5) Leaving the track or field competition:
 - a) No competitor can rejoin the competition once he/she has left the track before the completion of the race.
 - b) After notifying the official in charge of the field event, a competitor may leave the area of the event to participate in a track event. See event conflict rules below.
- 6) Competitors-Check-In

All runners must report to the Paddock Area immediately following the call of their event. All field event competitors must inform the Chief Field Judge of their other events and their designated time. Each competitor must be on time for his/her event.

7) Event Conflict

When a field event competitor in long jump, shot put or triple jump has a conflict with a running event they must advise the head official and they will be excused to participate in a running event. The competitor must return within ten (10) minutes upon completion of the track event and before the conclusion of all attempts. Failure to return within the allocated period shall result in forfeiture of missed attempts. The head event judge may allow long jump, shot put or triple jump competitors attempts to be taken in succession before a competitor is excused, and make-up attempts may be taken in succession and out of order upon legally returning to the event. In the **High Jump**, if all other remaining competitors have passed, failed or cleared the existing height the crossbar shall be raised to the next height and the judge will automatically pass the excused competitor to the new height.

In the High Jump, a competitor who has passed three consecutive heights after the competition has begun may be permitted a warm-up without the crossbar in place. One such jump may be taken for each three passed heights and shall be taken as earned, not cumulatively.

A competitor who has returned within the allocated period will be allowed a total of ten (10) minutes recovery time beginning with the completion of the running event.

8) Assistance to Athletes

During the progress of an event a competitor who shall receive any assistance whatsoever from any person may be disqualified by the Referee. "Assistance" includes giving help or conveying help to an athlete by any means, including a technical device. It also includes pacing in running events by persons not participating in the event, or by any kind of technical device.

Any athlete receiving advice or assistance during a field event, other than specified in the next paragraph, must be cautioned by the Referee and warned that for any repetition, he will be barred from further participation in that event. Any performance accomplished up to that time shall stand.

Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area shall not be considered unfair aid or assistance.

In a track event any competitor competing to lose or to coach another competitor shall forfeit his right to be in the competition and shall be disqualified.

Intermediate times and preliminary winning times may be officially announced. Otherwise such times must not be communicated to the athletes by persons in the competition area without the prior approval of the Referee.

No attendant or competitor who is not actually taking part in the competition shall accompany any competitor on the mark or give assistance without permission of the Referee or Judges. Prior to the long jump and triple jump competition, the event officials will place a measuring tape of sufficient length by the side of the runway. The purpose of this tape is to provide a preliminary aid to the athlete to set his or her approach mark. The athlete's mark can be a piece of athletic tape or any other mark, which can be easily removed after the competition is closed. The marker can also be placed in the grass when a natural surface is present.

9) Forming Heats

Please refer to Appendix I.

10) Relay Races

Each runner must pass the baton to the succeeding runner within the passing or take-over zone. The baton must be carried in the hand throughout the race. If dropped, it must be recovered by the athlete who dropped it. He/she may leave the lane to retrieve the baton, provided no other athlete is impeded.

The passing of the baton must be completed within the passing or take-over zone. The passing of the baton is completed when it is in the hand of the receiving runner.

Within the take-over zone it is only the position of the baton which is decisive, and not the position or location of the body or limbs of the competitor.

The baton cannot be touched by the receiving runner in the fly or acceleration zone. This is before the passing or take-over zone.

Competitors in 4x1 and 4x2 races must continue in their lanes, after passing the baton, until all exchanges have been made in the baton passing areas. After all the batons have been passed, in an exchange area, the runners may leave their lanes and the track. Should any runner interfere with a member of another team by running out of the lane, his/her team will be disqualified.

No competitor may run more than one leg of a relay team.

11) Alternates

When completing your team's roster for the region or division championships meet you must list alternates, if you have any, for your age group 4x1 and 4x2 teams and your 4x8 team. The four runners plus the alternates are the only members of your team who can compete in the 4x1, 4x2 and 4x8 at the region or division meet, the area meet and archdiocesan meet.

In the 4x1 and 4x2 any of the five runners listed may participate in the 4x1 at the region, area or archdiocesan meet as long as they do not violate the limitations on events and distance.

In the 4x8 any of the seven runners listed may participate in the 4x8 at the region, area or archdiocesan meet as long as they are running in the correct age group and they do not violate the limitations on events and distance.

If an athlete is replaced by an alternate in the 4x1, 4x2 or the 4x8 this does not effect the athletes eligibility to participate in any other events.

12) High Jump

A legal jump is one in which a competitor jumps from one foot. A failed attempt should be called:

- a) when a cross bar is displaced in an attempt to clear it; (even if the competitor is off the landing mat when the cross bar falls).
- b) when a jumper touches the ground or landing area beyond the plane of the crossbar or the crossbar extended without clearing the bar;
- c) when, after clearing the bar and landing in the pit, a competitor stumbles against the upright and displaces the crossbar or steadies the bar.

Jumping Aids – a single mark may be used with a single piece of tape no longer than 6 inches. This mark cannot be within 2 meters of either standard.

If the crossbar is displaced by a force disassociated with the competitor, and the competitor clearly is over, the jump is successful. If the crossbar is displaced before the competitor is over, the competitor shall be given another attempt. Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar. An accurate measurement of the height of the high jump crossbar will be taken each time it is raised to a new height (or lowered to determine first place); and for record attempts, each time the bar is displaced. Unless there is only one competitor remaining, the bar should never be raised less than 2 inches after each round, and the increment of raising the bar should never increase. After all other competitors have failed, a competitor has the right to continue jumping at a height the competitor chooses until eliminations by three consecutive failures.

13) Shot Put

The competitor is allowed to touch the inside of the circle or the inside of the stop-board. The competitor shall start their put from a stationary position. It shall be a foul and not allowed to count, if, after he/she has stepped into the circle and starts to make a put, but prior to the completion of a fair put, he/she touches the top of the circle, stop-board, or the ground outside the circle with any part of his/her body, or if he/she improperly releases the shot in making any attempt.

The competitor provided he/she has not otherwise committed a foul and after notifying the official, may lay the shot down inside or outside the circle. He/she may leave the circle before returning to a stationary position to begin a fresh trial. When leaving the circle he/she must do so from the rear half.

The competitor must not leave the circle until the shot has landed, and then he/she shall leave the circle from a standing position and only from the rear half.

The shot put shall be measured from the part of the mark nearest the circle to the inside of the Stop-Board through the center of the circle. Measures shall be in quarter inch (1/4 inch) increments (measured down from 4/8 of an inch and less measured up 5/8 of an inch and above.

The Shot must fall completely within the inner edges of the lines of the sector. The Shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the circle to commence a put, the shot shall touch or be in extremely close proximity to the chin,

and the hand shall not be dropped below this position during the act of putting. The Shot must not at any time be brought behind the line of the shoulders.

NOTE: The hand can ONLY move to a position forward of the body when pushing the Shot. Dropping the hand is THROWING the Shot, which is a foul.

14) Long Jump

The measurement shall be at a right angle to the take-off line, to nearest break in the landing area made by any part of the competitor. It shall be counted as a failure or a foul if any competitor:

- a) touches the ground outside the landing area beyond the takeoff board or take-off board extended with any part of the body.
- b) takes off in the area off the long jump runway.
- c) after a completed jump, walks back through the landing area.

15) Triple Jump

The competitor shall land upon the same foot as that from which he/she has taken off. The other foot shall be used for the second landing, and either or both feet shall be used for the third landing. It shall not be considered a failure or foul if the competitor, while jumping, touches the ground with the "sleeping" (trailing) leg.

16) Ties - High Jump

In the high jump, ties shall be separated as follows: 1) the competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place; 2) if the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place; 3) if the tie still remains: a) if it concerns 1st place, the competitors tied have one more jump at the height at which they failed, and if no decision is reached, the bar shall be lowered (if both fail to clear the height), or raised (if both clear the height) one inch. There shall be one jump at each height until the tie is broken. Competitors so tying must jump on each occasion when breaking the tie. b) If it concerns any other place, the competitors shall be awarded the same place in the competition.

In the high jump each competitor shall be credited with the best of all of his/hers jumps in the competition proper, including performances made in a jump off of a 1st place tie.

Sample performance record for a high jump competition:

(Key: P Passed; O Cleared; X Failed)

<u>Competitors</u>	<u>3'8"</u>	<u>3'10"</u>	<u>4'0"</u>	<u>4'2"</u>	<u>4'4"</u>	<u>4'6"</u>	<u>4'8"</u>	<u>Total Failures</u>	<u>Place</u>
A	P	XO	O	XO	P	XXO	XXX	4	2
B	O	O	O	X	XO	XXO	XXX	4	2
C	O	O	X	O	XXO	XXO	XXX	5	4
D	O	P	P	XXO	XXO	XO	XXX	5	1

Ties - Shot Put, Long Jump and Triple Jump

Ties produced by identical measurements shall be separated by the second best performance of the tying competitors; if a tie still remains by the third best performances, and so forth, therefore, it is mandatory to measure every attempt.

17) Advancement from 100 Meter Trials

Hand Timing – Appendix 1

Fully Automated Timing (FAT) – Appendix 1

18) False Starts

Each competitor will be allowed one false start. A second false start by a competitor will be cause for disqualification.

A false start by a competitor will not be considered a false start for all competitors in the field. A false start will only be charged against the person or persons who actually commit the false start

19) Team Scoring

Points will be awarded by age group in order to determine an age group champion. The cumulative score of the age groups, plus the score of the 4x8 shall determine the overall champions. Points will be awarded for team standings according to the following scale: 10, 8, 6, 4, 2, 1. The events listed on Page 5 are all scoring events and are the only scoring events for Region/Division, Area and Archdiocesan Championship Meets.

The regulations are to help you to be a better coach and to help you to run a better track meet.
Remember, these regulations do not answer all the questions.

Section 7

CYO Guidelines for Competition Officials

In order to avoid problems during the course of a meet, as many of the listed officials should be engaged in the competition as possible.

Competition Officials

1 Referee	3 Paddock Officials
1 Chief Umpire & 8 Umpires	1 Starter & 2 Recall Starters
2 Crew Chief Judges	16 Finish Judges*
2 Crew Chief Timers & 16 Timers*	3 Finish Judges – if fully automatic timing
4 Long jump/per pit	5 Marshals
4 Shot Put	2 Finish Line Coordinators
3 High Jump	Scorers – as required
4 Triple jump/per pit	3 Jurors of Appeals
* if hand timing	

NOTE: The Officials, when possible, should have a partner to replace/relieve them during the course of the track meet.

Referee: The Referee shall enforce all the rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules. The decision of the Referee in all matters shall be final and without appeal except in those matters or events for which a Jury of Appeal has been established for that special purpose.

Umpire Duties: There will be 4 umpires stationed around the track for ALL running events, one at the beginning & one at the end of each turn. Each umpire will be provided with a white flag and a yellow flag.

For races run in lanes, the umpires will observe the runners coming into the turn, through the turn, & down the straightaway to insure each runner stays in their lane.

If there are no violations, the umpire will raise a white flag. If there is a violation observed, a yellow flag will be raised immediately. When the race is completed, the umpire will immediately report the infraction to the Head Umpire.

Violations for races run in lanes are:

- Running on the inside line of a curve for 3 or more consecutive steps.
- Running over the outside line of a curve AND interfering with or impeding another runner.
- On the straightaway, running in an adjacent lane AND interfering with or impeding another runner.

For races NOT run in lanes, violations are:

- Running on or inside the track curb or painted line.
- A runner cuts in front of another runner and interferes in any way with that runner's stride. The runner cutting over should be at least one full stride in front of the other runner (approximately 7 feet).
- A runner intentionally elbows another runner, thereby interfering with the other runner's stride.

ADDED DUTIES

- When using the one (1) stagger the runner(s) in the staggered position must past the curved line on the far side of the start before they can move to the pole (lane 1).
- A runner cannot drift to prevent the other runner(s) from passing.

Relay Races - Baton Passing Zone

- The baton must be exchanged between the 2 large triangles, which indicate the passing zone. It is the position of the baton itself that determines if it is a legitimate pass - not the position of the runner. The baton itself must be within the passing zone. There is also a mark (small triangle, dash, -----, etc) before the start of the passing zone. This is called the acceleration zone. The outgoing runner can start inside this mark but still must take the baton between the 2 large triangles.
- If a runner outside the passing zone drops the baton, the runner that dropped it **MUST** retrieve it. They can go~ outside their own lane to do this **BUT MUST NOT** interfere with other runners.
- If the baton is dropped inside the passing zone. It can be retrieved by either runner but, again, without interfering with other runners.
- After passing the baton, the runner who passed it must stay in their lane until all outgoing runners are clear.

ADDED DUTIES

A runner cannot throw a baton.

A runner cannot intimidate another runner or exalt in victory on the track.

Finish Judges: - The Judges at the finish line shall decide the order in which the athletes finish in the competition. The Chief Judge shall only observe the finishes and his decision shall be given only in the cases of a tie vote on the part of the other judges. When fully automatic timing is not used the Chief Judge shall record the order of finish and give the results over to the Finish Line Coordinator.

Field Judges: The Field Judges shall measure, judge, and record each valid trial of each competitor in all field events. The judges shall indicate a valid performance by raising a white flag and by raising a red flag for a foul for non-valid performance.

Timers (when fully automatic timing is not used): The Chief Timer shall give the timers their assignments and shall supervise the recording of all times taken. For races competed in Lanes, each timer will be assigned to a Lane as opposed to a place. The Primary responsibility for determining the order of finish rests with the Finish Judges. The time shall be taken from the flash/smoke of the pistol to the moment at which any part of the competitors' body (i.e. "torso," as distinguished from the head, neck, arms, hands, legs, or feet) reaches the perpendicular plane of the nearer edge of the finish line. The order of finish shall take precedent over times. (Note: Only the first place time is right all the time.)

Finish Line Coordinator: Responsible for alerting the finish line officials (Fully Automated Timing Operator, Manual Timers, Finish Judges) that an event is about to begin and to ensure that these officials are ready. When this is accomplished, the Coordinator shall notify the starter. When necessary, this will be accomplished by waving a **WHITE FLAG**. The Finish Line Coordinator records the times registered by the timers onto the event sheet that is stapled inside the event folder. The results shall be forwarded to the scorer.

Paddock Official: The Paddock Official shall be provided with the names, heats and lanes of the competitors entered in running events. He/she shall be responsible for organizing the runners by heat and lane. He/she shall notify the Announcer when to call runners to the paddock area. He/she shall distribute hip numbers when fully automated timing is used. The Head Paddock Official shall have two associates.

Scorer: The Scorer shall collect the results of each event and shall record the results. As soon as possible thereafter he/she shall communicate such information to the Announcer and other appropriate officials.

Announcer: The Announcer will announce the results and disqualifications as soon as possible. He also shall call the athletes to the Paddock Area as directed by the Paddock Official.

Marshal: The Marshal shall have full charge of the enclosure or course and shall prevent anyone but officials and actual competitors from entering or remaining therein.

Starter and Recall Starter: The Starter shall have entire control of the competitors at the marks and shall be sole judge of fact as to whether or not any competitor has committed a false start. The Starter and/or the Recall Starter, who is of the opinion that the start was not fair, shall recall the competitors, by the firing of a gun. Once the competitor goes to the line, the parent, coach or official, relinquishes their right to provide last minute guidance to the athlete. Any delay caused by said interference will be cause for DISQUALIFICATION OF THE ATHLETE FROM THE COMPETITION

Jury of Appeal: The Jury of Appeal, composed of three persons will consider appeals from decisions of the Referee or the region/area appeal committee (if one has been established) as to matters which developed during the conduct of the meet.

Roster Fees

Roster fees have been designed to minimize the effect on smaller parish teams, while slightly increasing the contributions of teams who have a larger number of participants benefiting from the program. Any parish who feels that the roster fee may prohibit them from participating in the program may contact the Archdiocesan Athletic Director at the Office for Youth & Young Adults to discuss arrangements.

The roster fee refers to the per team fee. A “team” is either a “boy’s track team” or a “girl’s track team.” The most teams a parish can have is two (2). A roster fee should accompany your girl’s team roster, and a separate fee should accompany your boy’s team roster.

Fees: \$9.00 per athlete per team.

Roster Notes:

Due Dates: All CYO rosters must be submitted, with the necessary signatures, to the Region Track Commissioner by April 12, 2010.

- A complete roster includes the four part roster form and coaches eligibility card (see page 4).
- Failure to deliver a completed roster with the appropriate fee will jeopardize your team’s ability to participate in regional, area, and Archdiocesan meets.
- A computer generated roster is acceptable, however it must be an exact duplicate of the original and must have all the required signatures. Four signed copies must be submitted to the Region Commissioner. The Region Commissioner must submit two copies to the Archdiocesan Athletic Director and one copy to the Area Commissioner.
- Boy’s teams and girl’s teams **MUST** be on separate roster forms.
- Roster names must be in alphabetical order, without regard to age or division.
- Rosters are frozen on April 12, 2010, unless an earlier date is enforced by your area or region.

The Division/Region Championship Meets will take place on May 15 or 16, 2010. For the exact details contact your Area Track Commissioner. Division/Region meets are run identically to the Archdiocesan Meet.

The Area Championship Meets will take place on May 22 or 23, 2010. For the exact details contact your Area Track Commissioner. Area meets are run identically to the Archdiocesan Meet. The **Archdiocesan Championship Meet** will be June 5, 2010 at Franklin Field.

Qualifying for the Archdiocesan Championship

The top six (6) finishers in individual events and the top four (4) finishers in relay events from each Area Championship Meet qualify for the Archdiocesan Championships. Only competitors listed on the roster for the Area Meet (this includes alternates) are eligible for the Archdiocesan Meet.

The Area Commissioner is to report the results of the Area Championships, and forward the rosters of all qualifiers to the track and field coordinator or his/her designee by 5:00 PM the first Monday following the Area Meet. Results must be in a format that is compatible with the HYTEK MEET Manager format used for the Archdiocesan Championship Meet. This format is available from the coordinator or his designee.

Order of Events - (Area and Archdiocesan Meet)

Girls will run first, followed by the boy's races.

1. 4 X 800m open relay (1st leg novice, 2nd leg minor, 3rd leg & 4th leg are open)
2. 100m dash trials
3. 1600m run (Novice Girls & Boys/Minor Girls)
4. 100 m dash semi-finals (only run if using hand timing)
5. 1600m run (Minor Boys /Cadet Girls & Boys)
6. 400m run
7. 4 x 100m relay
8. 100m dash finals
9. 800m run
10. 200m dash
11. 4 x 200m relay

*Long jump, Triple jump, Shot Put, and High Jump - Will follow a printed schedule.

** Information about the time schedule, qualifiers and results will be available online at the Philadelphia Track & Field Blog: philacyotrack.blogspot.com

Archdiocesan Track & Field Championship Meet

Race Schedule

<u>Event</u>	<u>Age Group</u>	<u>Time</u>
4X800 Open Relay	Open Girls	9:30 am
	Open Boys	9:45 am
100m Trials	Novice (Girls/Boys)	10:05 am
	Minor (Girls/Boys)	10:15 am
	Cadet (Girls/Boys)	10:20 am
1600m	Novice (Girls/Boys)	10:30 am
	Minor (Girls/Boys)	10:50 am
	Cadet (Girls/Boys)	11:10 am
400m	Novice (Girls/Boys)	11:15 am
	Minor (Girls/Boys)	11:25 am
	Cadet Girls/Boys)	11:40 am
4X 100m RELAY	Novice (Girls/Boys)	12:05 pm
	Minor (Girls/Boys)	12:15 pm
	Cadet (Girls/Boys)	12:25 pm
100m FINALS	All Age Groups	12:40 pm
800m	Novice (Girls/Boys)	12:55 pm
	Minor (Girls/Boys)	1:10 pm
	Cadet (Girls/Boys)	1:20 pm
200m	Novice (Girls/Boys)	1:30 pm
	Minor (Girls/Boys)	1:40 pm
	Cadet (Girls/Boys)	1:50 pm
4X 200m RELAY	Novice (Girls/Boys)	2:10 pm
	Minor (Girls/Boys)	2:30 pm
	Cadet (Girls/Boys)	2:50 pm

Important Note: The times listed are approximate times for races. The meet may run ahead of schedule, it is the responsibility of the participants to be available and ready when called.

Field Event Schedule

	<u>High Jump</u>	<u>Long Jump</u>	<u>Shot Put</u>	<u>Triple Jump</u>
Novice Girls	12:30 pm	10:45 am	12:00 pm	none
Novice Boys	12:30 pm	10:45 am	12:30 pm	none
Minor Girls	10:30 am	12:00 pm	9:30 am	none
Minor Boys	10:30 am	12:00 pm	10:15 am	none
Cadet Girls	11:30 am	9:30 am	11:00 am	1:30 pm
Cadet Boys	11:30 am	9:30 am	11:45 am	2:00 pm

Important Note Field events are not open pits. Competitors must take their turn in order, unless participating in running events, then they must follow the event conflict rules (see page 8).

*Field Events will not start prior to scheduled times, however they may run behind schedule.

It is an honor and a privilege for the CYO to be invited to participate in the Penn Relays. Please convey to all of your athletes the history and tradition of this great event.

CYO Qualifying Event

The qualifying races will be held at the University of Pennsylvania Franklin Field on Tuesday evening, April 20, 2010. All coaches and athletes should enter using the Southeast gate just off South Street or the Blue Gate off 32nd Street by the North Stands. Spectators and athletes can only sit in the East Stands and South Stands. The coaches' meeting will be held promptly at 6:00 PM. The first races are scheduled to begin at 6:30 PM.

Registration - The Penn Relay roster form is enclosed in this packet (see Appendix I). **You may mail, e-mail or fax the completed roster form. E-mails must be received by April 12th. Rosters mailed must be post marked no later than April 12th and received by April 14th.** All athletes participating in the CYO Penn Relays event must be rostered participants listed on your original CYO roster. While every effort will be made to post teams appropriately, due to the time constraints, substitutions will be made at the discretion of the Event Director. The heat and lane assignments will be posted on the Web Site (see below). NO late entries will be accepted.

Fee - The Penn Relay's are a part of the track and field program. The track & field team roster fee you pay includes the cost of the Penn Relay's.

Please forward rosters to:

George R. O'Connell
Suite 213
8101 Washington Lane
Wyncote, PA 19095
e-mail: george.oconnellcpa@verizon.net
Fax: 215-887-4429

Please be aware of the following:

- Junior Division - Born 1998, 1999, 2000. (Fourth grade and up).
- Senior Division - Born 1995, 1996, 1997, or on or after September 1, 1994.
- There will be **NO POST ENTRIES**.
- There are no facilities for changing.
- The upper level to the stadium is **STRICTLY OFF LIMITS**.
- Races take place rain or shine.
- Information about registration, seeding and results will be available online at the Philadelphia Track & Field Blog: philacyotrack.blogspot.com

The CYO Championship Races

- The best nine times in each division will be invited to participate in the Championship Race on Friday, **April 23, 2010**. Arrival time on Friday is 8:00 AM.
- Check-In is at 8:30 AM (Northeast gate) - **They will run without you.**
- Entrance - Through the competitor's gate at the North side of the stadium.
- Admission - Each qualifying team will receive five (5) participant's tickets and two (2) Coaches pass.
- **Qualifying teams must pick up passes in the scoring area on Tuesday, April 20, 2010 immediately after results are announced. Do not wait until the meet is completed. Twenty minutes after senior boys results are announced the scoring area will be closed.**

APPENDIX I

FORMING HEATS, ASSIGNING LANES AND ADVANCEMENT

Principles of forming heats:

First round seeding is derived from the ranked list of declared athletes arranged in order of qualifying times. Entrants who have no mark shall be listed randomly following all those who have a qualifying mark.

Preferred Lanes:

Below are the preferred lanes in order of preference for events from 100 meters through 400 meters.

6 lane track – lanes 4, 3, 5, 2, 6, 1

8 lane track – lanes 5, 4, 6, 3, 7, 2, 8, 1

The preferred lanes for events from 800 meters to 1600 meters using a California start, are as follows when there are 12 or more runners in the event:

6 lane track – lanes 5, 6, 1, 2, 3, 4

8 lane track – lanes 7, 8, 1, 2, 3, 4, 5, 6

The preferred lanes at Franklin Field are as follows:

6, 7, 8, 9, 5, 4, 3, 2, 1

TIMED FINALS

All events equal to or longer in distance than 200 meters are run as timed finals.

In individual races up to and including the 400 meters, 4x100 and 4x200 meter relays, the number of competitors on the track in a race, at the start, shall not exceed the number of lanes on the track for that event.

Whenever there are too many competitors to run a single final, the event shall be contested in heats as a time-based final. In timed final events, heats shall be derived from the ranked list of declared athletes, arranged in order of qualifying times. Each heat, beginning with the fastest, shall be filled to its limit before placing anyone into the next section. If the last section has fewer than three competitors, the slowest ranked competitor(s) from the previous section, as needed, shall be moved to that section. Sections shall be contested in reverse order, slowest to fastest.

Principles of assigning lanes.

- Competitors shall be ranked based on their qualifying times. Two draws will then be made.
 - (1) The first draw is for the preferred lanes (see Preferred Lanes).
- On an 8 or 9 lane track, the four highest ranked competitors in the race based on the ranked list for forming heats for the round.
- On a 6 or 7 lane track, the three highest ranked competitors in the race based on the ranked list for forming heats for the round.
 - (2) The second draw is for the remaining competitors in the race and the remaining lanes.

For 100 Meters:

Athletes are assigned to heats from the ranked list of competitors.

Competitors are arranged across the heats in a top to bottom fashion. For example, if there are 24 competitors on a 6 lane track, there are 4 heats of 6. (1 = 1st ranked runner, 2 = 2nd ranked, 3 = 3rd ranked, etc.).

Runners are arranged in lanes and heats as follows:

		Lane					
Heat		1	2	3	4	5	6
1		24	17	8	1	9	16
2		23	18	7	2	10	15
3		22	19	6	3	11	14
4		21	20	5	4	12	13

If there are 24 competitors in an 8 lane track, the runners are arranged as follows:

		Lane							
Heat		1	2	3	4	5	6	7	8
1		24	19	13	6	1	7	12	18
2		23	20	14	5	2	8	11	17
3		22	21	15	4	3	9	10	16

For Semi-Final Rounds

Seeding is determined from a list of competitors who advance on place followed by those who advance on time. Those who advanced on place are ranked first by their place in the previous round and then by their time in that round, creating ranked groups of place winners. Those who advance solely on time, are ranked separately by only their time in the previous round. Only one system of timing may be applied to determine a qualifying position based on the time element. In the process of assigning athletes to heats, no consideration shall be given to the team affiliation of any runner. Heat order is drawn by lot.

The following is an example of seeding semi final heats on an 8 lane track, where the top four finishers in each heat qualify, plus the next 4 fastest times, regardless of place. Please note that if the second place finisher of the first heat had a time (11.23) faster than the first place finisher of the 3rd heat (11.34), the 3rd heat first place finisher would still be ranked higher.

		Trials Place			
Time		1st	2nd	3rd	4th
Fastest		1	4	7	10
2nd Fastest		2	5	8	11
3rd Fastest		3	6	9	12

Followed by the 4 fastest times, ranked, 13, 14, 15, and 16.

		Lane							
Heat		1	2	3	4	5	6	7	8
1		16	13	9	4	1	5	8	12
2		15	14	10	3	2	6	7	11

ONE HUNDRED METERS ADVANCEMENT

On a six (6), eight (8) or nine (9) lane track, the following table shall be used in determining the number of heats and advancement procedure for events run for the hundred meters.

WHERE HAND TIMING IS USED FOR EIGHT LANES

<u>No. of Entries</u>	<u>No. Trial Heats</u>	<u>No. Qualifying</u>	<u>No. Semi-Finals Heats</u>	<u>No. Qualifying</u>	<u>No. in Final</u>
10 to 16	0	-	2	4	8
18 to 24	3	5 + next best time	2	4	8
25 to 32	4	4	2	4	8

WHERE FULLY AUTOMATIC TIMING IS USED FOR EIGHT LANES

<u>No. of Entries</u>	<u>No. Trial Heats</u>	<u>No. Semi-Finals Heats</u>	<u>No. Qualifying</u>	<u>No. in Final</u>
9 to 16	2	0	Winners + 6 best times	8
17 to 24	3	0	Winners + 5 best times	8
25 to 32	4	0	Winners + 4 best times	8

FOR SIX LANES

<u>No. of Entries</u>	<u>No. Trial Heats</u>	<u>No. Qualifying</u>	<u>No. Semi-Finals Heats</u>	<u>No. Qualifying</u>	<u>No. in Final</u>
7 to 12	0	-	2	2 + next 2 best times	6
13 to 18	3	3 + next 3 best times	2	3	6
19 to 24	4	2 + next 4 best times	2	3	6

EIGHT HUNDRED METERS AND 1600 METERS

If the meet director determines there are too many runners in each heat to be lined up across the starting line, then a California start (one in which the four to six runners with the best qualifying times are placed in the outside lane ahead of the starting line and are required to stay in those lanes until they reach the break point), should be used.

APPENDIX II
2010 CYO PENN RELAY ROSTER

PARISH: _____

TOWN: _____

AREA: _____

AGE REQUIREMENTS:

Junior boys and girls must be born between 01/01/1998 and 12/31/2000 and be in at least 4th grad
Senior boys and girls must be born after 8/31/1994 and 12/31/1997 and be in at least 4th grade

PENN RELAY TEAMS

Please put a check mark in the space noted to indicate the teams you are entering.

JUNIOR BOYS _____

JUNIOR GIRLS _____

SENIOR BOYS _____

SENIOR GIRLS _____

I certify that all of the participating athletes meet CYO eligibility guidelines as set forth in the 2010 Track & Field Packet and are competing in the appropriate age groups.

Coach's Signature

Registration - You may mail, e-mail or fax the completed roster form. E-mails must be received by April 12th. Rosters mailed must be post marked no later than April 12th and received by April 14th.

Please forward rosters to:
George R. O'Connell
Suite 213
8101 Washington Lane
Wyncote, PA 19095
e-mail: george.oconnellcpa@verizon.net
Fax: 215-887-4429

APPENDIX III

ARCHDIOCESE OF PHILADELPHIA

TRACK & FIELD CHAMPIONSHIP

UMPIRE REPORT

EVENT (circle appropriate information)

Novice	Minor	Cadet		Girls	Boys		
100	200	400	800	1600	4 x 800	4 x 100	4 x 200

NAME OF SCHOOL

UNIFORM COLORS

NATURE OF INFRACTION

Lane Violation: ___ Illegal Pass:

___ Before Zone
___ Within Zone
___ After Zone

Other Infraction:

___ Runner Interference
___ Running Inside Curb Line
___ Runner Breaking Too Early
___ Unsportsmanlike Conduct
___ Starting behind Fly Zone

Zone # _____ Heat # _____ Lane # _____