

## St. Anastasia Track and Field

### Area Meet Details

Below is a combination of information specific to Annes and specific to the Area Championship meet.

#### Meet Specific

- Saturday May 19, 2022
- Start Time: 9:30
- See Field events and estimated times in the separate page below.
- Results can be found at the following link: [Area D Champs - Live Results | RUN.tf](https://results.run.tf)
  - Or go to <https://results.run.tf> and you will find the Area D meet
- Area D T-Shirts will be on sale on Saturday. If you want to let your runners know. The tshirts will be \$10 and range in sizes from YL to AXXL. We typically sell out by 10:00 AM so just let your parents know. The shirts are gray with red writing.
- It is going to be hot!
  - Extra tents will be on the infield for when the runners are in the queue for the events.
  - As in the past, a paid trainer will be onsite for any potential injuries, etc.
  - We will have some coolers, ice and water available for the athletes and those executing the event.
- NO COACHES or PARENTS will be allowed in the infield unless they sign up for one of the positions. Athletes are only allowed in infield when an event is called, that includes relays practicing handoffs as they are allowed out on infield only when called.
- There will be a snack stand and porta potties. Not sure if school will be open for school, so plan for the worse and prepare just for porta potties.
- Spikes are allowed and all athletes need to have a uniform shirt that clearly identifies their school.
- 8 individuals and 5 relays advance to the AOP meet.
- Top runner in each 100 heat will automatically qualify for the 100 finals and then the next best times to field a heat of 8- this is how the meet is set up for the AOP meet, so we will follow suit.
- The amount of relays/runners in each heat, specifically for relays, is how the meet is set up for the AOP meet and therefore MUST follow it. So you will see multiple heats of 4 x 200.
- There will be paddock officials checking off names as they prepare the events, so if your athlete is not in the program, then he or she can not run. The checking off of names is also needed to ensure no one runs too many events.
- Field events- all athletes are to check in when they are called. Please check the rule book on how to handle leaving a field event for a running event, but basically, it's the athlete's responsibility to check in at the beginning, notify official if leaving for a running event as the official is to pencil in what event is leaving for and the athlete is to check back in to field event once running event has concluded and 10 min of rest is allowed at the pit.
- Medals will be given out for top 3 and ribbons for 4th-6th, we ask that athlete picks up at the award table.
- O'Hara has graciously permitted use of their stadium free of charge, please be grateful and keep it clean. There will be parking attendants to help guide traffic and parking- please be respectful.

**Anastasia Specific**

- Both Maroon tents will be at the meet. It is first come first serve, so hopefully I get one set up in the stands and one in the grass area like last time. Please remember that the tents are for the athletes to stay out of the sun in between or while waiting for events.
- Arrival Time: This will be difficult as the day will last longer than a typical meet and some athletes may only be competing in a limited number or specific events. I have provided the ANTICIPATED schedule as laid out for the AOP meet. I suggest arriving 1.5 to 2 hours prior to your event. These times for running events are estimates. The field events are definite.
  - 8:30 Runners in the 100 M Trials should arrive at this time 4X800 around 8:45 to 9:00 and 4x200 runners shortly thereafter.
    - A good estimate is to arrive 1.5 to 2 hrs before your anticipated event.
  - SUGGESTION / VOLUNTEER – If someone wants, they can post the start of each event on the Sports Engine app
  - You can also find the current event on the previously provided results link.
- Towels/Rags in IceWater – we have found what works well to keep the kids cool in the heat are towels/rags that are kept in a cooler filled with Ice and Water.
  - Jenn Reynolds and I will bring a cooler full
  - The towels are not to be REUSED. They should be one and done.
  - Definitely bring your own if any concerns.
- WATER – kids should start to consume water starting Friday night and in the morning prior to arrival. Not necessarily a lot but consistent small sips.
- BREAKFAST: Please have your kids eat something for breakfast Nerves can get the best of them or may prevent them from eating. Bread/Toast with peanut butter works well.
- Alternates: Please do not leave the meet until checking in with a coach. We have used alternates in the past.

**Field Event Times**

<b>Long Jump</b>		<b>Shot Put</b>	
9:30 AM	Cadet Girls	9:30 AM	Novice Girls
	Cadet Boys		Novice Boys
10:45	Novice Girls	10:45	Minor Girls
	Novice Boys		Minor Boys
12:00	Minor Girls	12:00	Cadet Girls
	Minor Boys		Cadet Boys
<b>High Jump</b>			
9:30 AM	Minor Girls		
	Minor Boys		
11:00	Cadet Girls		
	Cadet Boys		
12:30	Novice Girls		
	Novice Boys		

## Runner Event Time Estimates

Event	Age Group	Times
100m Trials	Novice (Boys/Girls)	<b>9:30 AM</b>
	Minor (Boys/Girls)	<b>9:40 AM</b>
	Cadet (Boys/Girls)	<b>9:50 AM</b>
4 X 800 Open Relay	Open Girls	<b>10:00 AM</b>
	Open Boys	<b>10:15 AM</b>
4x200 Relay	Novice (Boys/Girls)	<b>10:30 AM</b>
	Minor (Boys/Girls)	<b>10:50 AM</b>
	Cadet (Boys/Girls)	<b>11:10 AM</b>
1600m	Novice (Boys/Girls)	<b>11:25 AM</b>
	Minor (Girls)	<b>11:40 AM</b>
100m Finals	All Age Groups	<b>11:50 PM</b>
1600m	Minor Boys	<b>12:00 PM</b>
	Cadet (Boys/Girls)	<b>12:10 PM</b>
400m	Novice (Boys/Girls)	<b>12:25 PM</b>
	Minor (Boys/Girls)	<b>12:35 PM</b>
	Cadet (Boys/Girls)	<b>12:45 PM</b>
4x100m Relay	Novice (Boys/Girls)	<b>1:05 PM</b>
	Minor (Boys/Girls)	<b>1:15 PM</b>
	Cadet (Boys/Girls)	<b>1:25 PM</b>
800m	Novice (Boys/Girls)	<b>1:35 PM</b>
	Minor (Boys/Girls)	<b>1:45 PM</b>
	Cadet (Boys/Girls)	<b>1:55 PM</b>
200m	Novice (Boys/Girls)	<b>2:10 PM</b>
	Minor (Boys/Girls)	<b>2:20 PM</b>
	Cadet (Boys/Girls)	<b>2:30 PM</b>
4x400m Open Relay	Open Girls	<b>2:45 PM</b>
	Open Boys	<b>2:55 PM</b>

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.