



LA84 FOUNDATION/MT. SAC RELAYS YOUTH DAYS

ELEMENTARY DIVISION SCHEDULE Saturday, March 21, 2015

Running Event Schedule

While the meet will move along very efficiently, with the large number of athletes being accommodated, it is impossible to predict "start times" for any event beyond the first event of the day. It therefore becomes all-important that you stay aware of the ORDER OF EVENTS (by grade level) for your warm-up and "check-in" at the Clerk of the Course (located South of the Track). **Indicates a waterfall start.

TIME	EVENT	GRADE	GENDER	LOCATION	NOTES	#ATHLETES	#AWARDS
7:00-8:20 AM	Complete Registration						
8:20 AM	Final Instructions - All competitors and coaches please assemble in East Stadium Area						
8:30 AM	300M	3	Girls then Boys	Track		16	6
	300M	4	Girls then Boys	Track		16	6
9:10 AM	800M	5	Girls then Boys	Track		16	6
	800M	6	Girls then Boys	Track		16	6
9:30 AM	4X100M Shuttle Hurdle Relay	3	Girls then Boys	Stadium Field		6	3
	4X100M Shuttle Hurdle Relay	4	Girls then Boys	Stadium Field		6	3
	4X100M Shuttle Hurdle Relay	5	Girls then Boys	Stadium Field		6	3
	4X100M Shuttle Hurdle Relay	6	Girls then Boys	Stadium Field		6	3
	Sprint Medley Relay	3	Girls then Boys	Track	300M-100M-300M-100M	12**	9
	Sprint Medley Relay	4	Girls then Boys	Track	300M-100M-300M-100M	12**	9
	4X100M Relay	3	Girls then Boys	Track		9	3
	4X100M Relay	4	Girls then Boys	Track		9	3
	4X100M Relay	5	Girls then Boys	Track		9	3
	4X100M Relay	6	Girls then Boys	Track		9	3
	Distance Medley Relay	5	Girls then Boys	Track	400M-200M-200M-400M	16**	9
	Distance Medley Relay	6	Girls then Boys	Track	400M-200M-200M-400M	16**	9
	100M	5	Girls then Boys	Track	Girls East Track, Boy's West Track	9	3
	100M	6	Girls then Boys	Track	Girls East Track, Boy's West Track	9	3
	50M	3	Girls then Boys	Track	Girls East Track, Boy's West Track	9	3
	50M	4	Girls then Boys	Track	Girls East Track, Boy's West Track	9	3

Field Event Schedule

The ORDER OF EVENTS and their location is accurate. After 9:00 AM, all other start times are tentative. Please do not report to your field event until it announced to do so.

TIME	EVENT	GRADE	GENDER	LOCATION	NOTES	#ATHLETES	#AWARDS
9:00 AM	Junior Javelin	6	Boys	Area 1		9	3
9:00 AM	Junior Javelin	6	Girls	Area 2		9	3
9:00 AM	Junior Javelin	4	Boys	Area 3		9	3
9:00 AM	Junior Javelin	4	Girls	Area 4		9	3
9:00 AM	Long Jump	4	Boys	Area 3		9	3
9:00 AM	Long Jump	4	Girls	Area 4		9	3
9:00 AM	Long Jump	6	Boys	Area 2		9	3
9:00 AM	Long Jump	6	Girls	Area 1		9	3
10:30 AM	Long Jump	5	Boys	Area 2		9	3
10:30 AM	Long Jump	5	Girls	Area 1		9	3
10:30 AM	High Jump	ALL	Girls and Boys	D Apron	All high jumpers report	9	3
10:30 AM	Junior Javelin	3	Boys	Area 3		9	3
10:30 AM	Junior Javelin	3	Girls	Area 4		9	3
10:30 AM	Junior Javelin	5	Boys	Area 1		9	3
10:30 AM	Junior Javelin	5	Girls	Area 2		9	3
10:30 AM	Long Jump	3	Boys	Area 3		9	3
10:30 AM	Long Jump	3	Girls	Area 2		9	3
11:00 AM	Shot Put	5-6	Girls	Area 2		9	3
12:00 PM	Shot Put	5-6	Boys	Area 1		9	3
12:00 PM	Standing Triple Jump	3-4	Girls and Boys	Area 1 & 2		9	3
12:00 PM	Triple Jump	5-6	Boys	Area 3		9	3
12:00 PM	Triple Jump	5-6	Girls	Area		9	3

NOTE: At 11:30 am, ALL EVENTS will stop for a 30 minute volunteer official lunch break. At Noon, all competitions will resume exactly were they were stopped.