



# CYO TRACK AND FIELD - SECTION II 2020 TRACK AND FIELD INFORMATION MEET SCHEDULE

## PRELIMINARY MEETS

Sunday, March 22	12:00 noon start	Salesian High School
Sunday, March 29	12:00 noon start	Salesian High School
Sunday, April 5	12:00 noon start	Salesian High School
Sunday, April 19	12:00 noon start	Salesian High School – Ray Freitas Meet

## SECTION II - SECTIONAL QUALIFYING MEET

Sunday, April 26	12:00 noon start	Salesian High School
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(Order of events and times to be distributed to coaches at a later date.)

## RIBBON MEET

Sunday, May 3	12:00 noon start	Salesian High School
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(Qualifying Meet if April 26 date is rained out)

## DIOCESAN MEET

Friday and Saturday, May 8 / 9	James Logan High School / Diablo Valley College
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(Information to be distributed to coaches at a later date.)

## RULES AND EVENT LIMITS EVENT LIMITS

(PER EVENT (GRADE/GENDER) PER PARISH TEAM)

50 Meter Dash - 5 each	100 Meter Dash - 5 each
200 Meter Run - 3 each	400 Meter Run - 3 each
800 Meter Run - unlimited	1600 Meter run – unlimited (3 <sup>rd</sup> grader and above only)
Softball throw - 5 each	Long jump - 3 each
Shot put - 5 each (5 <sup>th</sup> grader and above)	Relays - 3 teams each
Tether ball Toss - 5 each	K-1-2 50 and 100 Meter Dash – unlimited
High Jump – 3 each (5 <sup>th</sup> grader and above only)	

## RULES

- Participants may only compete in one track event, two field events plus the relays or two track events, one field event plus the relays.
- A participant may not participate in both the 1600 and 800 Meter runs in one day.
- A participant must have competed in at least one preliminary meet to be eligible to compete in the sectional qualifying meet.
- Only 1/4" spikes or less are allowed; NO needle spikes.
- Rules will be those as contained in the National Federation of State High School Associations rulebook and the Diocesan CYO Bylaws.
- Completed rosters are due to the section prior to the Qualifying Meet.
- Participant eligibility shall be as stated in the Diocesan CYO Bylaws. Proof of age is required for all participants and should be kept by the parish track coordinator. See CYO Bylaws for age limitations.
- Children who run in the **K-1-2 grade** 50-meter or 100-meter run may not enter those events later in the meet. There are no other separate events for K- 1- 2 grades and they are considered to be 3<sup>rd</sup> graders for all other events. If a K-2 runner would like to qualify in an event, the runner must run that event as a 3<sup>rd</sup> grader in a preliminary meet.