Coaches,

The Clear Falls JV and Freshman Boys Track and Field meet will be held on Wednesday, March 20, 2024, at the Clear Falls High School track. The athlete drop-off area will be directly in front of the track and busses will need to cross back over Lawrence Road and park on the far west end of the band parking lot.

The coaches meeting will go at 3:15 p.m., at the starting line. The meet will begin with all field events & 3200 at approximately 3:30 pm, and the 4x100 will begin NLT 5:00 pm. Each school will provide workers for field events, timers, and judges for the running events. Please see assignments below.

Note: Number of throws, jumps and starting heights will be determined at coaches meeting.

**Meet Work Assignments:**

**Starter**: Coach Arbelaez (Clear Falls)

**Clerk of the Course**: Coach Mata (Clear Falls)

**3:30 PM Events** **Worker Judge Timer**

 Long Jump: JV followed by FR Sterling 4x1 X1 1 (Lane 2)

 Triple Jump: FR followed by JV Clear Lake 4x1 X2 1 (Lane 3)

 Pole Vault: JV followed by FR Deer Park 4x1 X3 1 (Lane 4)

 High Jump: JV followed by FR Clear Springs 4X2 X1 & 3 1 (Lane 5)

 Shot Put: FR followed by JV Clear Falls 1 (Lane 6)

 Discus: JV followed by FR Dickinson 4X2 X2 1 (Lane 7)

**-Athlete lane assignments coincide with timer assignments and will be rotated every heat**

**-Hurdles will be contested in lanes 3 – 6 for both the 110H/300I.**

**3:30 PM Running Event:**

3200 Freshman followed by JV (Depending on the # of entries, JV and Freshman may run together)

**5:00 PM Order of Running Events (Rolling Schedule) Freshman followed by JV:**

4x100

800

110 Hurdles

100

4x200

400

300 Hurdles

200

1600

4x400

-Clear Falls Varsity athletes will work hurdle detail, blocks, and awards.

-Medals will be awarded to 1st through 3rd place and will be presented at the end of each event. -We will hold the top 3 times through each event and award at the completion of that event.

-Lane assigned timers will give each athlete their time at the completion of the short sprints.

 Times for races from the 800 up will be provided to the top 3 finishers. Coaches are

 responsible for timing their athletes in those events if they do not finish in the top 3.

If there are any questions or, if I failed to cover an item, please let me know.

Coach John Ruiz

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