

FOUR RIVERS CONFERENCE CHAMPIONSHIPS

SCHEDULE OF EVENTS

Owensville High School – Monday, May 5th, 2014

FIELD EVENTS

9:30	GIRLS – Shot Put (JV followed by Varsity)	11:00	BOYS – Shot Put (JV followed by Varsity)
	BOYS – Discus (JV followed by Varsity)		GIRLS – Discus (JV followed by Varsity)
	GIRLS – Pole Vault (JV followed by Varsity)		BOYS – Pole Vault (JV followed by Varsity)
	BOYS – High Jump (JV followed by Varsity)		GIRLS – High Jump (JV followed by Varsity)
	GIRLS and BOYS Long Jump (All Divisions – 2 Hours – Cafeteria Style, Finals – 1Hour)		GIRLS and BOYS Triple Jump (All Divisions – 2 Hours – Cafeteria Style Finals –1Hour)

RUNNING EVENTS

10:00	<i>JV GIRLS – 100m Dash - Prelims</i>	2:05	1600m Run - Varsity GIRLS
10:05	<i>Varsity GIRLS - 100m Dash - Prelims</i>	2:15	1600m Run - JV BOYS
10:10	<i>JV BOYS - 100m Dash - Prelims</i>	2:25	1600m Run - Varsity BOYS
10:20	<i>Varsity BOYS - 100m Dash - Prelims</i>	2:35	4 x 100m Relay - JV GIRLS
10:30	<i>JV GIRLS – 100m Hurdles - Prelims</i>	2:40	4 x 100m Relay - Varsity GIRLS
10:40	<i>Varsity GIRLS - 100m Hurdles - Prelims</i>	2:45	4 x 100m Relay - JV BOYS
10:50	<i>JV BOYS – 110m Hurdles - Prelims</i>	2:50	4 x 100m Relay - Varsity BOYS
11:00	<i>Varsity BOYS - 110m Hurdles - Prelims</i>	2:55	400m Dash - JV GIRLS
11:10	3200m Run - JV GIRLS and JV Boys	3:05	400m Dash - Varsity GIRLS
11:25	<i>JV GIRLS – 200m Dash - Prelims</i>	3:15	400m Dash - JV BOYS
11:30	<i>Varsity GIRLS - 200m Dash - Prelims</i>	3:25	400m Dash - Varsity BOYS
11:40	<i>JV BOYS - 200m Dash - Prelims</i>	3:35	300m Hurdles - JV GIRLS
11:50	<i>Varsity BOYS - 200m Dash - Prelims</i>	3:40	300m Hurdles - Varsity GIRLS
*** B R E A K - 30 Minutes ***		3:45	300m Hurdles - JV BOYS
12:20	4 x 800m Relay – GIRLS (JV & Varsity)	3:50	300m Hurdles - Varsity BOYS
12:35	4 x 800m Relay – BOYS (JV & Varsity)	3:55	800m Run - JV GIRLS
12:50	JV GIRLS – 100m Dash - FINALS	4:00	800m Run - Varsity GIRLS
12:55	Varsity GIRLS – 100m Dash - FINALS	4:05	800m Run - JV BOYS
1:05	JV BOYS – 100m Dash - FINALS	4:10	800m Run - Varsity BOYS
1:10	Varsity BOYS – 100m Dash - FINALS	4:15	JV GIRLS – 200m Dash – FINALS
1:15	JV GIRLS – 100m Hurdles - FINALS	4:20	Varsity GIRLS - 200m Dash – FINALS
1:20	Varsity GIRLS – 100m Hurdles - FINALS	4:25	JV BOYS - 200m Dash – FINALS
1:25	JV BOYS – 110m Hurdles - FINALS	4:30	Varsity BOYS - 200m Dash – FINALS
1:30	Varsity BOYS – 110m Hurdles - FINALS	4:35	3200m Run – Varsity GIRLS
1:35	4 x 200m Relay – JV GIRLS	4:50	3200m Run – Varsity BOYS
1:40	4 x 200m Relay – Varsity GIRLS	5:05	4 X 400m Relay - JV GIRLS
1:45	4 x 200m Relay –JV BOYS	5:10	4 X 400m Relay - Varsity GIRLS
1:50	4 x 200m Relay – Varsity BOYS	5:15	4 X 400m Relay - JV BOYS
1:55	1600m Run - JV GIRLS	5:20	4 X 400m Relay - Varsity BOYS

FOUR RIVERS CONFERENCE TRACK & FIELD CHAMPIONSHIPS

MONDAY, MAY 5, 2014

Owensville High School

- STARTERS:** Don Olszowka, Randy Crowe
- BULL PEN:** Owensville
- ENTRIES:** You are allowed three athletes or one relay in each event. Entries will be done on *athletic.net*. **They are due by noon on Saturday, May 3rd.**
- SCRATCH MEETING:** Coaches meeting will be in the cafeteria of the high school at 9:00 a.m. Field events will begin at 9:30 a.m. and running events will begin at 10:00 a.m. **THERE WILL BE NO ADDS THE DAY OF THE MEET.** Scratches should be made at the coaches meeting at 9:00 a.m.
- GAMES**
- COMMITTEE:** Union New Haven St. James
- SCORING:** 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1
- FIELD EVENTS:** Preliminaries will be run with the top 9 making the finals with the exception of the high jump and pole vault.
- RUNNING EVENTS:** Preliminaries/finals will be run in the 100m dash, 100/110 hurdles, and 200m dash. All other running events will be run as finals.
- AWARDS:** Medals for 1st, 2nd and 3rd – Varsity and J.V.
Varsity medals will be standard FRC medals
J.V. medals will be different and of average size
Plaques will be given for 1st place team finishes

9th – 11th graders are allowed to compete as J.V. members.

9th – 12th graders may compete as Varsity members. **(Athletes are not allowed to compete in both)**

All-Conference selections are based on where the athlete finishes in the conference meet. These varsity athletes should stay for pictures at the conclusion of the meet.

- | | |
|--------------------------------|-------------------------------------|
| 1 st place finish – | 1 st Team All-Conference |
| 2 nd place finish – | 2 nd Team All-Conference |
| 3 rd place finish – | Honorable Mention |

ADMISSION: \$3.00 K – ADULT

- Tents will be allowed north of the bleachers. Bleachers are reserved for spectators.
- The concession stand will be open throughout the day.
- A hospitality room will be provided for coaches, administrators, meet workers and bus drivers in the metal shed.
- School buildings will be off limits throughout the day.

- Athletes must listen to the announcer for calls. Runners must report to the bullpen prior to their race.
- Busses may drop off athletes at the entry gate. Busses must park at OES parking lot.
- Conference Track Meet t-shirts are available for \$10.00. These shirts will be sold on a pre-order basis. Please have one coach take orders and email sizes to (mcandrl@dutchmen.us) no later than Friday, April 25th. Have a coach collect the money and exchange for the t-shirts when you arrive. Thanks.

Athletes and coaches should remain in the tent area or concession area throughout the meet unless reporting to an event. Please remind parents and non-participants to stay off the track and off the athletic field during the meet. Failure to comply could result in the disqualification of their son or daughter.

Listed below are the field events and the schools responsible for running these events.

SHOT PUT: PACIFIC
DISCUS: ST. JAMES
POLE VAULT: UNION
LONG JUMP: ST. CLAIR
TRIPLE JUMP: SULLIVAN
HIGH JUMP: OWENSVILLE

EXCHANGE

ZONES: 4 X 100: 1ST UNION 2ND HERMANN 3RD NEW HAVEN
 4 X 200: 1ST HERMANN 2ND NEW HAVEN 3RD HERMANN

CURVE JUDGES: HERMANN, NEW HAVEN

PICKERS FOR

FINALS: We will be having MO Timing doing the meet for us. Everything will be FAT.

If you have any questions or concerns, you may contact us at:

Dwayne Clingman	(573) 437-2174	dclingman@dutchmen.us
Matt Candrl	(573) 437-2174	mcandrl@dutchmen.us
Heather Kundinger	(573) 437-2174	hkundinger@dutchmen.us