

**THE TUCK SULLIVAN
2009 SACRED HEART TRACK INVITATIONAL
AT FAIRFIELD STADIUM**

FRIDAY MAY 1ST, 2009

*TRACK EVENTS STARTING AT 6:30 PM FOR BOTH 7TH & 8TH GIRLS/BOYS
SHOT, DISCUS AND LONG JUMP WILL OPEN AT 5:30 PM FOR BOTH GIRLS AND BOYS,
GIRLS HIGH JUMP BEGINS AT 5:30 PM, BOYS HIGH JUMP BEGINS AFTER GIRLS*

SATURDAY MAY 2ND, STARTING AT 8:30 AM

FOR GRADES K-2ND GIRLS AND BOYS

11:30 AM FOR 3RD & 4TH GRADE GIRLS AND BOYS

2:30 PM FOR 5TH & 6TH GRADE GIRLS AND BOYS

(Saturday's Meet Format is standard starting with Girls Running Events on track and Boys performing Field Events. Upon completion of girls running/boys field events, the switch occurs).

- Entry fee is \$3.00 per participant payable to: Sacred Heart Boosters
- Each person may participate in a maximum of 3 events. For grades 5-8, a team may enter as many team members per individual event (but only top 2 individuals per team or school placing in the top 6 receive medals/ribbons). You may enter more than one team per school but no individual may participate on more than one team.
- Grades 5 thru 8 need to pre-register by 9 PM on Wednesday (4/29/09). Send pre-registration information to joecoors@cinci.rr.com. (Note: No guarantees on late entries being accepted to the meet since heat sheets will be printed prior to the start of the meet).
- Grades K thru 4th need labels for field events only.
- Coaches meeting will be held 15 minutes prior to each starting time.
- Scoring: 1st = 10 pts, 2nd = 8 pts, 3rd = 6 pts, 4th = 4 pts, 5th = 2 pts, 6th = 1 pts.
- Awards: Grades K thru 4 will receive heat ribbons.
Grades 5/6 will receive 2nd thru 6th place ribbons in each event with 1st place finishers receiving medals. Grades 7/8 – Medals 1st-3rd, Ribbons 4th-6th.

Order of Events

| Grades K-2 nd | Grades 3/4 | Grades 5/6 | Grades 7/8 |
|--------------------------|-----------------|------------------|---------------------------------------|
| 50 Meter Dash | 400 Meter Dash | 100 Meter Prelim | 100 Meter Prelim |
| 200 Meter Dash | 100 Meter Dash | 800 Meter Relay | 800 Meter Relay |
| 75 Meter Dash | 800 Meter Relay | 75 Meter Prelim | 1600 Meter Run |
| 400 Meter Relay | 50 Meter Dash | 400 Meter Relay | 400 Meter Relay |
| 100 Meter Dash | 400 Meter Relay | 400 Meter Dash | 400 Meter Dash |
| Long Jump | 75 Meter Dash | 100 Meter Finals | 100 Meter Finals |
| Softball Throw | 200 Meter Dash | 800 Meter Run | 800 Meter Run |
| | Long Jump | 75 Meter Finals | 200 Meter Dash |
| | Shot Put | 200 Meter Dash | 1600 Meter Relay |
| | High Jump | 1600 Meter Relay | Long Jump (5:30 PM) |
| | Softball Throw | Long Jump | Shot Put (5:30 PM) |
| | | High Jump | Discus (5:30 PM) |
| | | Shot Put | High Jump (5:30 PM – Girls) |
| | | Discus | High Jump (Boys – After Girls finish) |

- Concession will be open for the duration of the meet.
- Questions please call Kris Woods at 887-2316 or email: kris.woods@fuse.net