



CATHOLIC YOUTH ORGANIZATION DIOCESE OF OAKLAND

April 2016

To: Track and Field Coordinators / CYO Track Coaches
From: Diocesan CYO Office

Enclosed is the fact sheet and order of events for the **2016 Diocese of Oakland CYO Track and Field Championship Meet**. Please read the enclosed information **carefully!**

TIME SCHEDULE – FRIDAY MAY 6 – **Moreau Catholic High School, Hayward**

6:00 p.m. Key Running Event Officials (who will conduct the 1600/800 meter runs) will meet at the finish line with the head running event official.
6:30 p.m. 1600-meter run will begin on the track, followed by the 800 meter run.

SATURDAY, MAY 7 – **Granada High School, Livermore**

8:00 a.m. Running Event Officials will meet at the finish line with the head running event official.
8:00 a.m. All Field Events Officials will meet at the south end goal post with the head field judge.
8:00 a.m. All coaches will meet on the north end goal post. Each parish is to be represented!
8:30 a.m. Opening procession and prayer ceremony.
All participants by parish will meet in the main staging area during coaches meeting.

Following

Procession: 4X100 meter relay and all field events will begin.

❑ OPENING PROCESSION – All the teams and their coaches will walk together in an opening procession. Teams will meet at the staging area when called during the coaches meeting, starting at 8:00 a.m.. Please bring your team or parish banner, if you have one. Participants and coaches will walk around the track, be announced by parish and participate in an opening prayer ceremony in front of the main grandstand.

❑ EVENT SCHEDULE REMINDER – *The 1600 and 800 meter runs* will be on Friday evening, May 6. All other running events and all field events will be on Saturday, May 7.

❑ SPIKES - Remember that only ***1/4" or under, pyramid style spikes*** are allowed on the track. Check your athletes' spikes before they report to the staging area!

❑ EVENT AREAS ARE FOR COMPETING ATHLETES! Coaches or spectators are not allowed on the track, field or in the staging areas! Parents and coaches are asked to control and watch their children.

❑ ALCOHOLIC BEVERAGES ARE ILLEGAL ON THE CAMPUS! Marshals and officials will be enforcing this rule in the grandstands. Ice chests and containers will be checked at the gate. Anyone using alcoholic beverages will be removed from the campus.

❑ DIABLO VALLEY MEDLEY RELAY INVITATION – Diablo Valley will again host their Medley Relay, (4 X 100–100–200–400), following the conclusion of the Diocesan Meet. All sections are invited. If you would like to enter a team, contact your section coordinator!

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OAKLAND DIOCESE TRACK & FIELD MEET 2016 ORDER OF EVENTS

TRACK EVENTS

FRIDAY, MAY 6

Moreau Catholic High School,
Hayward

Coaches Meeting 6:00 pm

1600 Meter begins at 6:30 pm

1. **1600 METER** —
3 4 5 6 7 8 GIRLS
3 4 5 6 7 8 BOYS
2. **800 METER** —
3 4 5 6 7 8 GIRLS
3 4 5 6 7 8 BOYS

SATURDAY, MAY 7

Granada High School, Livermore

Coaches Meeting – 8:00 am

OPENING CEREMONIES – 8:30 am

1. **4X100 METER RELAYS** —
8 7 6 5 4 3 GIRLS
8 7 6 5 4 3 BOYS
2. **400 METER** —
3 4 5 6 7 8 GIRLS
3 4 5 6 7 8 BOYS
3. **100 METER** —
3 4 5 6 7 8 GIRLS
3 4 5 6 7 8 BOYS
4. **50 METER** —
3 4 5 GIRLS 3 4 5 BOYS
5. **200 METER** —
8 7 6 5 4 3 GIRLS
8 7 6 5 4 3 BOYS
6. **4 X 400 METER RELAYS --**
5-8 GIRLS 5-8 BOYS

DIABLO VALLEY MEDLEY RELAY

3 4 5 6 7 8 GIRLS
3 4 5 6 7 8 BOYS

FIELD EVENTS

SATURDAY, MAY 7

Granada High School, Livermore

*All Field Events Begin following
Opening Ceremonies*

- SOFTBALL THROW (two areas) —**
8 7 6 5 4 3 BOYS
8 7 6 5 4 3 GIRLS
- SHOT PUT (one area) —**
5 6 BOYS 5 6 GIRLS
7 8 BOYS 7 8 GIRLS
- LONG JUMP # 1 —**
3 4 5 GIRLS 3 4 5 BOYS
- LONG JUMP # 2 —**
6 7 8 BOYS 6 7 8 GIRLS
- HIGH JUMP #1 —**
6 5 GIRLS 6 5 BOYS
- HIGH JUMP #2 —**
8 7 BOYS 8 7 GIRLS
- TETHERBALL TOSS —**
3 4 5 6 7 8 GIRLS
3 4 5 6 7 8 BOYS

NOTICES

1. All coaches and spectators are to remain off the track, infield and away from the finish line / finish line steps at all times. Failure to observe this rule may result in DISQUALIFICATION of the participant or the entire team. Please be courteous to all spectators and stay away from the rail in the grandstands.
2. All entrants AND alternates are to check in when called. Alternates must check in at the event **prior to** the final call. Alternates will be entered after the final call. Late- comers will NOT be allowed to compete after the last call is made. Participants leaving a field event for a track event must check out with the Field Event Judge and report back within a reasonable time.
3. Instruct athletes to use EXTREME CAUTION in the event areas, especially the SHOTPUT and SOFTBALL THROW areas.

DIOCESE OF OAKLAND CYO 2016 TRACK AND FIELD CHAMPIONSHIP MEET FACT SHEET

The Diocese of Oakland CYO Track and Field Championship Meet will be held on **Friday, May 6 at Moreau Catholic High School, 27170 Mission Blvd, Hayward,** and on **Saturday, May 7 at Granada High School, 400 Wall St., Livermore**

*ON FRIDAY, MAY 6, AT 6:30 P.M. – THE 1600 METER RUN,
FOLLOWED BY THE 800 METER RUN.*

*ON SATURDAY, MAY 7, AT 8:30 A.M. – ENTRANCE PARADE AND PRAYER WILL BE
FOLLOWED BY THE 4 X 100 METER RELAYS AND ALL FIELD EVENTS.*

***ALL ENTRANTS AND ALTERNATES ARE TO CHECK IN
AT INDIVIDUAL EVENTS WHEN THE EVENT IS CALLED!***

1. **ELIGIBILITY** – The Diocesan CYO Eligibility rules will be in effect. INDIVIDUAL PROOF OF BIRTH FOR EACH ENTRANT MUST BE ON HAND AT THIS MEET.
2. **NUMBER OF EVENTS PER ENTRANT** – Children will be limited to a maximum of events: 1 track, 2 field and both relays, OR 2 track, 1 field and both relays. There will be no crossover in grade competition; children must compete in the same grade in all events. No child is allowed to run both the 800 meter and the 1600 meter runs.
3. **QUALIFICATIONS FOR THE MEET** – The top three finishers in each event from each track section will qualify for the Diocesan Meet, with the fourth place finishers as alternates. Meet entry forms are to be emailed to the Diocesan CYO Office from the sections by NOON on Monday, May 2.
4. **RELAY TEAMS** – Multi-parish relay teams, with runners from more than one parish, are not allowed and will be disqualified. Relay teams of combined genders are not allowed. Participants must compete in the same grade level in each event. The lead runner will present a relay entry card listing all the participants on the relay team to the clerk of the course at the staging area. Cards are available the day of the meet. Batons will be supplied for competition.
5. **ENTRY FEES** – An entry fee of \$400 per section will be charged (paid by Section).
6. **OFFICIAL RULES** – The 2016 National Federation Rule book for Track and Field will be the official rules unless superseded by this fact sheet or a ruling from the Diocesan CYO Office. The meet referee will decide on all questions of disqualifications.* The referee may accept reports of violations from meet officials acting in their positions.
7. **ADMISSION CHARGE** – \$4. for Adults (high school age and older); \$2. for Children (Elementary school through 8th grade) and Seniors; Admitted Free are Preschoolers, clergy, *certified* coaches with track coach's cards, and participants listed on the meet entry form. Admission will not be charged at Friday's meet.

8. **LEGAL SPIKES** – Competition is on an "all weather" track. **No spikes over 1/4" will be allowed. Only "pyramid style" spikes will be permitted; no needle spikes allowed.**

9. **TRACK EVENTS** –

- A. *The starter will disqualify any runner charged with **two** false starts in a race.
- B. Starting blocks are not allowed in any event.
- C. The 800 and 1600 meter races will start on the international curve.
- D. The meet director will determine the procedure for running the 4 X 400 meter relay.

10. **FIELD EVENTS (MEASURED IN THE ENGLISH SYSTEM)** –

- A. **LONG JUMP** – Each competitor will have a total of three (3) attempts. The "flip" is not allowed. Take-off for the long jump will be as follows: For *3rd-6th grades*, from a taped mark two feet from the edge of the pit; for *7th-8th grades*, from the board. Long jump is measured to the 1/4".
- B. **SHOT PUT** – Each competitor will have a total of four (4) attempts. *The sling or side arm throw is not allowed.* Competitors shall not step on or over the toe board. No spikes may be worn in the shot put area. Shot put is measured to the 1/4".
- C. **HIGH JUMP** – Starting heights and subsequent raises:

	GRADE 5/6	GRADE 7	GRADE 8
BOYS	3'6"	3'8"	3'10"
GIRLS	3'2"	3'4"	3'6"

FIRST RAISE - 2" OTHER RAISES - 2" WHEN 4 OR LESS REMAIN - 1"

- D. **SOFTBALL THROW** – The throwing sector will be ten yards deep and twenty yards wide. Each competitor will have a total of three (3) attempts. A thrower may not step on or over the line during or after the throw. Competitors must exit out the side or rear of the throw sector. Side-arm throws are allowed; underhand throws are not permitted. Throws will be measured perpendicular to the throwing line. The softball throw is measured to the nearest inch.
- E. **TETHER BALL TOSS** – The throwing sector will be about a 60-degree sector as in discus throw. A two-foot cord, knotted at one end will be used. Each competitor will have a total of three (3) attempts.
- F. **PRACTICE** – During practice periods, a maximum of two (2) practice attempts will be allowed in the Long Jump, Softball Throw, Tetherball Toss and High Jump.

11. **ALTERNATES** – Alternates will be entered after the final call. Alternates must check in **prior to** the final call. *Alternates should report and check in at each event!* The alternate listed on the meet entry form will replace one of the qualifiers from his/her section. If that alternate is not available, an alternate from another section will be chosen on a rotating basis. *Certified coaches may check in a participant at an event, if the participant is present but engaged at another event. Coaches may not remain on the track or infield.*

12. **MISCELLANEOUS INFORMATION** –

- A. **UNIFORMS** – All participants must wear shoes and shirts. Team colors are required. No dressing facilities are available and children should come dressed in uniform.
- B. **PRESS BOX** – No one is allowed in the press box except meet officials.
- C. **PROTEST** – A \$25 fee will be charged to file a protest. Only CYO-certified parish team coordinators may file a protest.
- D. **CROWD CONTROL** – Marshals will be asking for your cooperation to run an orderly meet. *Please keep control of your children at all times!*

ALCOHOLIC BEVERAGES ARE ILLEGAL ON EITHER CAMPUS!

ICE CHESTS WILL BE CHECKED AT THE GATE! VIOLATORS WILL BE REMOVED FROM THE MEET!
REMINDER – Participants should enter the track and field areas only at designated entry points. INSTRUCT participants to be CAREFUL when crossing the track or in event areas. Participants should leave the track and field event areas after competing.

**ONLY PARTICIPANTS AND MEET OFFICIALS ARE ALLOWED
ON THE TRACK, AT FIELD EVENT AREAS OR IN STAGING AREAS!**



CATHOLIC YOUTH ORGANIZATION
DIOCESE OF OAKLAND
MEMORANDUM

To: CYO Track Coordinators
From: CYO Office
Re: Legal Track Spikes

This is a reminder that CYO rules and track facility rules limit the use of spikes to **PYRAMID SPIKES OF 1/4" OR LESS**. Longer spikes, "needle spikes", and other styles of spikes are prohibited.

Please check your runners **prior to the day of the meet** to be certain that your runners wear spikes that are legal. Athletes may not wear shoes with illegal spikes in competition!

To assist you, below is a picture of the various spikes from an equipment catalog:

In the picture, the 1/4" pyramid spike is boxed on the top row, second from left. All other spikes pictured are ILLEGAL for CYO competition. The spike on the far left is a 1/8" pyramid spike and is also legal.

