FUTURE POINTERS TRACK AND FIELD MEET

Kindergarten — 8th Grades

Saturday May 3, 2014

INFORMATION SHEET

POINT LOMA HIGH SCHOOL
INVITES ALL FUTURE POINTERS!

9:00 am Start
8:00 am Warm Up and Check In
8:30 am Coaches & Officials Meeting
8:45 am Opening Ceremony
Snack Bar and Pointer Store will be open.

Divisions:
K Boys / 1-2 Boys / 3-4 Boys / 5-6 Boys / 7-8 Boys
K Girls / 1-2 Girls / 3-4 Girls / 5-6 Girls / 7-8 Girls
Points: 1st place– 5 pts, 2nd–3 pts, 3rd– 1 pt

There is a maximum of 3 events per athlete. K-2 athletes may participate in either the 50 or 100 and one field event. Relay TBD by team coach.

$10 entry fee per athlete until 4/18. Walkons will be accepted on 5/13/14 from 8am-10am with a $25 entry fee.
Checks made payable to PLHSPA / POP.
All athletes must register thru their school site.
Ribbons will be given after each heat. Medals will be given to overall event winners. Trophies will be awarded to the winning school in each division.

Running Events — The first race is 9:00am
There is no set time schedule; the next event begins when the previous event ends. Athletes must be ready and listen for the Check In calls over the PA any athlete who shows up after Final call will be scratched from event.
(K-2nd graders may participate in the 50 or 100 and one field event.)

- **4x100 Relay (K-2)**
  K(G) K(B) 1(G) 1(B) 2(G) 2(B)
  Each school is allowed one team per division
- **50/ 100 (K-2)**
  run simultaneously on opposite sides of track
- **400 (3-8)**
- **4 X 100 Relay**
  3-4 (G) 3-4(B) 5-6 (G) 5-6 (B) 7-8(G) 7-8(B)
  Each school is allowed one team per division
- **100 (3-8)**
  1600 (3-8)
  Number of races determined by size of field
- **200 (3-8)**
- **4x400 Relay (7-8)**
  Each school is allowed one team

Field Events
Other than 9:00am, there is no set time schedule; the next event begins when the previous event ends. Athletes must be ready and listen for the Check In calls over the PA. Any athlete who shows up after final call scratched from event.

- **Long Jump (3-4) (5-6) (7-8)**
  *3 jumps per athlete
- **Long Jump (K-2)**
  *2 jumps per athlete
- **High Jump (5-6) (7-8)**
  *3'0" starting height
- **Shot Put (3-4) (5-6) (7-8)**
  *3 throws per athlete
- **Softball Toss (K-2)**
  *2 throws per athlete

K-2nd graders may participate in one Field event
All Field events will be girls first, boys second, except High Jump which is co-ed in each Divison
*3-8 Girls and 3-6 Boys will use 6 lb shot
*7-8 Boys will use 8.8 Shot

Specator fees: Adults $3 or two for $5 / students 12th grade and under are free. All students must register through their school site.

The Future Pointers Track & Field Meet is a fundraiser that supports Protect Our Pointer's efforts to provide Certified Athletic Trainers (ATC) to assist over 800 PLHS student-athletes at every practice and competition.

Questions? protectourpointers@gmail.com or 619.226-4509

Sponsored by Protect Our Pointers
POP is a member of the PLHS Pointer Association, a 501(c)(3) non-profit corporation in support of the Students and Staff of Point Loma High School

PROTECT OUR POINTERS
plhspa providing athletic trainers