

NSCHSAA INDOOR FROSH/SOPH CHAMPIONSHIP MEET

Saint Anthony's High School

Monday, January 17, 2011

9:00 AM – 3:00 PM

1) Boys' Frosh/Soph 3200 Meter Run	Scored by Division	
2) Girls' Frosh/Soph 3000 Meter Run		
3) Boys' Sophomore 55 Meter Dash	6 fastest advance	Top 18 will be seeded
4) Boys' Freshman 55 Meter Dash	6 fastest advance	Top 18 will be seeded
5) Girls' Frosh/Soph 55 Meter Dash	6 fastest advance	Top 18 will be seeded
6) Boys' Sophomore 1000 Meter Run		
7) Boys' Freshman 1000 Meter Run		
8) Girls' Frosh/Soph 1000 Meter Run		
9) Boys' Sophomore 55m High Hurdles	Final on Time	
10) Boys' Freshman 55m High Hurdles	Final on Time	
11) Girls' Frosh/Soph 55m High Hurdles	Final on Time	
12) Boys' Sophomore 55 Meter Dash	Final	
13) Boys' Freshman 55 Meter Dash	Final	
14) Girls' Frosh/Soph 55 Meter Dash	Final	
15) Boys' Sophomore 600 Meter Run		
16) Boys' Freshman 600 Meter Run		
17) Girls' Frosh/Soph 600 Meter Run		
18) Boys' Sophomore 1600 Meter Run		
19) Boys' Freshman 1600 Meter Run		
20) Girls' Frosh/Soph 1500 Meter Run		
21) Boys' Sophomore 300 Meter Run		
22) Boys' Freshman 300 Meter Run		
23) Girls' Frosh/Soph 300 Meter Run		
24) Boys' Sophomore 4 x 800 Meter Relay		
25) Boys' Freshman 4 x 800 Meter Relay		
26) Girls' Frosh/Soph 4 x 800 Meter Relay		
27) Boys' Sophomore 4 x 400 Meter Relay		
28) Boys' Freshman 4 x 400 Meter Relay		
29) Girls' Frosh/Soph 4 x 400 Meter Relay		
30) Boys' Sophomore 4 x 200 Meter Relay		
31) Boys' Freshman 4 x 200 Meter Relay		
32) Girls' Frosh/Soph 4 x 200 Meter Relay		

If you have an athlete who is competing in both the long jump and 55 meter dash, make sure there is a stand-in for the 55m dash to allow that individual to get his/her steps down.

Boys' Shot Put will be followed by Girls' Shot Put

Girls' High Jump is 1st (4' – 4'2 – 4'4 – 4'6 – 4'8" – then 1 inch)

Boys' High Jump is 2nd (4'8 – 4'10 – 5' – 5'2 – 5'4 – 5'6 – then 1 inch)

Boys Long Jump is 1st (only one measurement under 12')

Raker – St. Anthony's

Girls' Long Jump is 2nd (only one measurement under 10')

Raker – St. Anthony's

Boys' Triple Jump is 1st (only one measurement under 30')

Raker – Holy Trinity

Girls' Triple Jump is 2nd (only one measurement under 20')

Raker – Holy Trinity

Girls' Pole Vault is 1st (6' – 6'6 – 7' – 7'6 – 8' – 8'3)

Boys' Pole Vault is 2nd (7' – 7'6 – 8 – 8'6 – 9' – 9'6 – 10' – 10'6 – 11' – 11'6 – 12')

- Each school will be assign to rake once during the season. It can be a coach/parent/athlete.
- Athletes will wear Labels for all running events with their name and competitor number.
- Field Events – 3 x 5 cards with name/competitor number/seed.