

TRACK MEETS

Track meets are held on Saturday's and start at 8:30. However, athletes should arrive at 8:00 and check in with their coaches and receive their tags. Tags must be worn on the shirts of your uniform. No one can compete without an official tag.

Athletes sign-up for their events in which they will participate on Wednesday or Thursday, prior to the track meet.

Only Coaches, meet officials or volunteers that sign-up for the meet are allowed on the infield.

MEET DAY UNIFORM

All competing athletes must wear a 2010 Running Warriors Uniform

- Black, green or white tights or Under Armor shorts can be worn under the uniform if desired.
- Black, green or white undershirts or Under Armor can be worn under the uniform if desired. Shirts must be free of any logos, designs or graphics.
- Runners watches are allowed
- No jewelry is allowed during competition
- No hats, scarves, dew rags or bandanas are allowed during competition
- Shirts must be tucked in during competition

SPIKES

Spike shoes are racing flats with sharp metal spikes. They are built for speed and do not have good cushioning properties. Injuries could result with the wearing of spikes on a daily basis.

They are optional and can only be used by Bantams, Midgets, Youth and Intermediates at meets. For safety concerns, Gremlins are never allowed to wear spike shoes.

Spikes should only be worn when it is time to compete !

- 1/4" pyramid spikes are needed for Canyon and Valencia Highs tartan tracks
- 3/16th needle spikes are needed for all other tartan tracks

Spikes will be available to purchase at practice for \$2.00 a bag at the end of March.

To ensure that you purchase the correct size spike, we encourage you to purchase them through the SCE team.

Any athlete with the wrong size spike in their shoe, will not be allowed to run until the spike size is corrected.

LOANER SPIKES

On meet days, loaner spike shoes are available at no cost. However you will need to purchase spikes, for \$2.00 bag if the appropriate size spikes are not in the loaner shoe

STANDARD SATURDAY MEET SCHEDULE

Track events will begin at 8:30 A.M. The order of the competition will be as follows:

Running Events: (Times are Approximate)

Time	Event	Age Group
8:30A.M.	3000 meter run	Midgets through Intermediates
9:00A.M.	80/100 meter hurdles	Midgets through Intermediates
9:30 A.M.	4X100 meter run	Gremlins through Intermediates
10:30 A.M.	1500 meter run	Gremlins through Intermediates
11:30 A.M.	400 meter dash	Gremlins through Intermediates
12:30 P.M.	100 meter dash	Gremlins through Intermediates
1:30 P.M.	800 meter run	Gremlins through Intermediates
2:00 P.M.	200 meter run	Gremlins through Intermediates
2:30 P.M.	4X400 meter relay	Bantams through Intermediates

Field Events

(Always verify start times and schedule before meet)

High Jump, Bantam Girls-Boys, Midget Girls-Boys, Youth Girls-Boys, Intermediate Girls-Boys

Long Jump, Gremlin Girls-Boys, Intermediate Boys-Girls, Midget Girls-Boys, Youth Girls-Boys,
Bantam Girls-Boys

Shot Put, Youth Boys-Girls, Intermediate Girls-Boys, Bantam Girls- Boys, Midget-Girls Boys