

ADVANCE INFORMATION - PAL TRIALS & FINALS

Trials: Tues. May 13 at CSM 2:00 pm Scratch meeting
2:00 pm Long jump competition begins ! 4:15 TJ begins
2:30 pm 2 mile Fr-Soph final

Finals in all fr-soph field events. Trials in varsity boys and girls running events.

Shot & discus weigh-ins at the shed with Paul Richards (head field judge). 2:00 pm.

Note: All athletes for the trials and finals must be in an official school-issued track uniform.

Note: Coaches and athletes must not be on the football field during the meet. Warm up should be on the baseball field or upper field.

Note: All coaches are requested to have their team area cleaned up at the conclusion of the trials and finals. A plastic bag will be issued to you.

Note: Two programs will be issued to each league school. All additional programs will be sold for .50 cents each.

Note: Any school assigned to a field event must provide your own equipment. (clipboard, tape measure, markers, rake, cross bar, etc.) Please bring your own helpers.

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Finals: Thurs. May 15 at CSM 2:00 pm Scratch meeting
2:00 pm Long jump competition begins. (ends at 4:00)
2:30 pm Girls 2 mile final.
4:15 pm Triple jump begins.

Long & triple jumps, shot & discus: 3 trials. Top 7 athletes in the trials will advance to the finals and will be given 3 additional tries. If there is a tie, 8 will go to the finals. The long and triple jump events will be "open pits!" The shot & discus will be contested by flights.

Medals will be given to a coaching representative of each school at the conclusion of the meet.

The meets most outstanding and most valuable athlete in varsity boys and girls will be selected by the games committee at the conclusion of the meet. The only award will be recognition for the athlete in the newspapers.

Perpetual trophies will be given to the team winners of the varsity boys, girls, and frosh-soph divisions.

Protests are to be taken to the 3 member games committee: Buddy Miller, Referee; Jim Johnson; and Tom Mohr. Hardships will be handled at the scratch meeting.

Note: Please fill out and hand in to Coach Yanicks at the beginning of the trials on Tuesday your region cards.

Note: Be sure your athletes have short spikes on for the running and jumping events.

Note: Warn your jumpers about the dangers of the discus area.

Note: Please have the people to whom you issue a yellow parking pass park in the upper parking lot.

Note: Please do not bother the CSM trainer. Bring your own medical supplies and take care of your own athletes. Ice will be made available in the track shed.

Lane Assignments: NO lane assignment changes will be made because of scratches!

1986 PAL ORDER OF EVENTS & TIME SCHEDULE

TUESDAY, MAY 13

2:30 FS 2 mile (final)
 2:45 V 110 HH (no seeds, 2 heats)
 2:55 FS 65 HH (1 seeded, 2 heats)
 3:05 G 100 LH (3 seeded, 3 heats)
 3:15 FS 800 (2 heats, slow-fast)
 3:25 V 100 (4seeded, 3 heats)
 3:40 G 100 (5 seeded, 2 heats)
 3:50 FS 100 (no seeds, 3 heats)
 4:05 V 400 (1 seeded, 3 heats)
 4:20 G 400 (3 seeded, 3 heats)
 4:30 FS 400 (4 seeded, 2 heats)
 4:45 V 300 IH (1 seeded, 2 heats)
 4:55 G 300 LH (3 seeded, 3 heats)
 5:05 FS 300 LH (2 seeded, 3 heats)
 5:15 V 200 (4 seeded, 3 heats)
 5:30 G 200 (3 seeded, 3 heats)
 5:45 FS 200 (3 seeded, 3 heats)

2:00 F-S LJ (final) (open pit)
 2:30 F-S Shot(final) (flights)
 2:30 F-S HJ (final)
 2:30 F-S PV (final)
 4:00 F-S TJ (final) (open pit)
 4:00 F-S Disc(final) (flights)

THURSDAY, MAY 15

2:30 G 2 mi
 2:50 V 400 Rly (slow-fast sect)
 3:00 G 400 Rly (slow-fast sect)
 3:10 FS 400 Rly (slow-fast sect)
 3:20 V 110 HH
 3:25 FS 65 HH
 3:30 G 100 LH
 3:40 V 800 (slow-fast sect)
 3:50 G 800
 3:55 FS 800
 4:00 V 100
 4:05 G 100
 4:10 FS 100
 4:15 V 400
 4:20 G 400
 4:25 FS 400
 4:30 V 2 mile
 4:50 V IH
 4:55 G 300 LH
 5:00 FS 300 LH
 5:15 V 200
 5:20 G 200
 5:25 FS 200
 5:30 V mile
 5:40 G mile
 5:50 FS mile
 6:00 FS mi rly (slow-fast sect)
 6:10 G mi rly (slow-fast sect)
 6:20 V mi rly

2:00 V & G LJ (2 pits) 3 & 3
 2:30 V shot (flights) 3 & 3
 2:30 G HJ
 2:30 V PV
 2:30 G Disc (flights) 3 & 3
 4:00 V & G TJ (2 pits) 3 & 3
 4:00 V Disc (flights) 3 & 3
 4:00 V HJ
 4:00 G shot (flights) 3 & 3

Note: This time schedule is a guide and will not be strictly adhered to. It is the responsibility of your athlete to report to the clerk of the course at the North end of the straight-away in plenty of time, as the event may be started before the scheduled time!

Note: Be sure you know the computer number of any athlete who is an alternate who may be substituted for another competitor from your school. This number must be given to the clerk of the course.

Note: The time schedule on this page is a little different than the times listed by event in the program. This is the official time schedule as it takes into consideration slow-fast sections.