



1949 GOLDSMITH LANE, SUITE 101, LOUISVILLE, KY 40218  
456-2722 [www.loucsaa.org](http://www.loucsaa.org)

## 2018 CSAA TRACK MEET

March 6, 2018

To all AD's and Track Coordinators,

**TRACK AND FIELD SEASON STARTING DATE:** Official practice began February 26th. No parish sponsored clinics, practices, or workouts are allowed before this date. **MANDATORY MEETING:** Was held February 26th at the Catholic School Athletic Association Office located at 1949 Goldsmith Lane unit 101 at 5:30 PM. CSAA Track Coordinator, Mr. Kyle Yochum, covered divisions, starting times, rule sheets, order of events, and entry process at the meeting. (See Attached p. 3)

### The 2018 CSAA Track Meet - Sunday, April 22<sup>rd</sup>, at St. Xavier High School

**REGISTRATION:** Teams will use Milesplit to register their athletes for races. Running events will be seeded based on best times, per athlete report, at the starting line. Coaches should enter their athletes by time according to actual past performances, ideally from races, but in time trials or practice if necessary.

**Registrations with times must be submitted via Milesplit.com / Kytrackxc beginning March 18th. All teams must submit entries by this date.**

LATE CHANGES WILL BE ACCEPTED AFTER APRIL 18th. Athletes adjusted after the due date will incur a **LATE** fee for their team, will not receive first seeding placement, and will not appear in the program.

Email changes/additions to - [yochumk@saintxfac.com](mailto:yochumk@saintxfac.com) after the deadline (April 18<sup>th</sup>). Include the school name and your name in the subject line.

Reception of all entries will be confirmed via milesplit.com.

**FRANCHISE FEE:** There will be franchise fee of \$11.00 per participant.

**The CSAA "FUN MEET" will take place at St. John Paul II (3521 Goldsmith Lane) on Saturday May 12<sup>th</sup> at 10:00AM.**

Boys and Girls 4<sup>TH</sup> grade and under are eligible to participate  
The Fun Meet fee is \$3.00 per participant.

### **EVENTS**

Children may participate in 3 of these 4 events: 60 yd. dash, 75 yd. dash, 220 yd dash & Long Jump.

## **EVENTS**

EACH PARTICIPANT IS ALLOWED TO ENTER **A MAXIMUM OF FOUR EVENTS.**

ALL RUNNING EVENTS WILL BE IN METERS.

### **SR. BOYS**

High Jump  
Shot Put – 8 LB.  
Long Jump  
55 Meters Hurdles  
100 Meters Dash  
200 Meters Run  
400 Meters Run  
800 Meters Run  
1600 Meter Run  
4 x 100 Meter Relay

### **JR. BOYS**

High Jump  
Shot Put - 6 LB.  
Long Jump  
55 Meters Hurdles  
100 Meters Dash  
200 Meters Run  
400 Meters Run  
800 Meters Run  
1600 Meter Run  
4 x 100 Meter Relay

### **SR.GIRLS**

High Jump  
Shot Put - 6 LB.  
Long Jump  
55 Meters Hurdles  
100 Meters Dash  
200 Meters Run  
400 Meters Run  
800 Meters Run  
1600 Meter Run  
4 x 100 Meter Relay

### **JR. GIRLS**

High Jump  
Shot Put – 6 LB.  
Long Jump  
55 Meters Hurdles  
100 Meters Dash  
200 Meters Run  
400 Meters Run  
800 Meters Run  
1600 Meter Run  
4x 100 Meter Relay

Note – The 55 meter hurdle event will include 5 hurdles. This conforms to National Federation standards.

**EXIBITION EVENT** In addition, each team may enter one relay team per age and division for an exhibition race of the Sprint Medley Relay – 100, 100, 200, 400 Meters – to be contested before the 1600.

Please check the above times and dates to be sure that you know where and when your school will be participating.

Please contact the CSAA Office at 456-2722 if you have any questions.

CSAA Track Director, Kyle Yochum can be reached **only** by e-mail - [yochumk@saintxfac.com](mailto:yochumk@saintxfac.com) with specific registration or event-related questions.

Thank you,

Rick Arnold  
CSAA Executive Director

Kyle Yochum  
CSAA Track Director

## **CSAA Championships at St. Xavier High School, April 22<sup>nd</sup>, 1 PM.**

Four Events per Athlete. This includes field events and track events, including the 4X100 relay.

Spikes are not allowed, per CSAA rules.

Entries will be available on Milesplit.com / kytrackxc.com – find under the calendar tab – after March 18<sup>th</sup>.

### **Class AA and Class A Compete Simultaneously**

Track opens for warmups at noon. No field event warmups until judges are present.

A Runs at 1, AA in the Field at 1.

AA Runs at 3:30, A in the Field at that time.

Run Jr. Girl then Boy, Sr. Girl then Boy, for each event.

### **Field Events**

High Jump

Shot Put – 6 lbs., 8 for Sr. Boys.

Long Jump

Girls compete at the North / Baseball Field side.

Boys compete at the South / Building side of the stadium.

No field event warmups until judges are present.

### **Track Events**

1600 Meter Run                      4 x 100 Meter Relay

55 Meters Hurdles                200 Meter Dash

100 Meters Dash                800 Meters Run

400 Meters Run

EXHIBITION Sprint Medley Relay

### **Athlete Reminders**

Athletes should enter the track fence at the south end / building side of the stadium and remain in the infield only during their events. Exit on the north end.

Athletes are to view events in designated areas only – warmup areas for field events are off limits to spectators.

Infield is reserved for warming up athletes. Please remind your athletes to check in promptly at first call to assure holding their place on the seeded clerk sheets.

Please remind your athletes to start, finish, and remain in the lane assigned.

Please remind athletes to stay in their lanes after the finish until directed to relocate by the volunteers.

Please remind athletes to direct all complaints or concerns (esp. regarding awards) through a coach to the Meet Director.

### **Coach Reminders**

Two coach passes per team – these passes allow access to the track infield.

Please remind your parents and athletes to filter complaints through you.

Please bring all concerns for officiating and volunteer concerns (esp. regarding awards) to the Meet Director.

All spectators should remain in the stands or beyond the fence for field event spectating. **This includes athletes.**