

Meet Info - HS: 1A-2A Regional Championship

Author: Angela Shope

Who: High School Track and Field

What: 1A-2A Regional Championship

When: May 10-11; Friday @1:00 pm & Saturday 10:00 am

Where: Kamiah High School

Depart: Meet at Charter NLT 7:00am to leave by 7:30 (3 hours 30 min travel time)

Return: Saturday after the final event

Necessary Items:

- **Complete uniform and track equipment** (warm-ups, training shoes, spikes, throwing implements, etc.)
 - Weather appropriate gear (change of clothing, rain gear, hats, gloves)
 - **Overnight bag with clothing, toiletries, etc.**
 - **Money for Food (~\$20) and Lodging (\$10)**
 - Water & Food (snacks for morning and afternoon and some kind of lunch)
 - A few dollars for gas money to their parent driver
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Coaches:

- Robby Miles - 818-6426
 - Caleb Orr - 819-4953
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Travel Directions:

- See "Directions for Regionals" tab on athletic.net.
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Notes:

- Friday night we will be staying at:
 - ◊ Clearwater 12 Motel: 108 E 3rd St/Hwy 12 Kamiah, ID
 - ◊ (208) 935-2671
- Students are asked to pay \$10 for rooms at Regionals
- Currently the team has 3 Kings and 5 Double Queen Rooms available for family. If you are interested in booking a room, please contact Coach Miles no later than May 7th . Cost of rooms can be paid at the school office to the Track Fund: King: \$55, Double: \$65
- Coach Miles has National Guard training this weekend and will not be attending the meet. All concerns will be handled by Coach Orr. Please contact Mr. DePew with any Emergencies.
- Things to focus on for this meet:
 - ◊ Be mindful of the little things: hydration, eating, warming-up, cooling-down, etc.
 - ◊ Conduct yourselves as ambassadors of the Charter Academy by thanking volunteers and being very sportsman-like.
 - ◊ Choose to be positive!

**District 1 and 2 1A and 2A Regional Track Meet
Friday May 10th and Saturday 11th, 2013**

Friday's Session:

1:15 PM Coaches Meeting in the Bull Pen

2:00 PM the following events will begin:

2A: Boys Discus, Boys Pole Vault, Boys Long Jump, Girls Long Jump

1A: Boys Shot put, Boys High Jump, Girls High Jump

Immediately following the above field events we will continue with

2A: Girls Discus, Girls Pole Vault,

1A: Girls Shot put, Girls Long Jump, Boys Long Jump

Immediately following field events

3200 M Run (1A Girls, 1A Boys, 2A Girls, 2A Boys)

100 High Hurdles 1A Girls, 2A Girls preliminaries

110 High Hurdles 1A Boys, 2A Boys preliminaries

400 1A Girls and Boys, 2A Girls and Boys preliminaries

Break

100 1A Girls and Boys, 2A Girls and Boys preliminaries

300 Intermediate Hurdles 1A Girls, 2A Girls, 1A Boys, 2A Boys preliminaries

200 1A Girls and Boys, 2A Girls and Boys preliminaries

At the conclusion of the preliminaries, we will run the Medley Relay Finals using the same order to conclude Friday's session.

Saturday's Session:

10:00 AM the following events will begin:

2A: Boys Shot Put, Boys High Jump, Girls High Jump

1A: Boys Discus, Boys Pole Vault, Girls Triple Jump, Boys Triple Jump

Immediately following these events we will continue with

2A: Girls Shot Put, Boys Triple Jump, Girls Triple Jump,

1A: Girls Pole Vault, Girls Discus,

FINALS WILL BEGIN Approximately AT 1:00 PM ON SATURDAY. The order used for running events will be the same as the State Track Meet. (1A Girls, 1A Boys, 2A Girls, 2A Boys)

4 x 200

1600

100 Hurdles – 1A Girls, 2A Girls

110 Hurdles – 1A Boys, 2A Boys

400

20 minute break

100 dash

800

4 x 100

300 Intermediate 1A Girls, 2A Girls, 1A Boys, 2A Boys

200 dash

10 minute break

4 x 400 relay

Spectators expect to pay the following admission:

Adults \$5.00, Students \$4.00 (with A.S.B.Card), K - 6 Students \$3.00, Pre-School No Charge