

2019 Rotary Teen Track Program



Rotary Club of San Luis Obispo de Tolosa welcomes you to their annual Teen Track meet at Cuesta College.

In 1985, Rotary Club of San Luis Obispo de Tolosa (Rotary de Tolosa) started Teen Track. At the time, this was the only countywide track and field meet for middle school students. As the years have passed, this meet has expanded to include schools from Monterey and Santa Barbara County too.

After 34 years of success, Teen Track has grown to an expected 1,000 athletes participating annually. Please enjoy the events and use this program to guide your spectating of the event.

As you enjoy the day, please note that Rotary has had the gracious support of the sponsors listed below in making this event possible.



RUNNING
WAREHOUSE



SLO de Tolosa Rotary Track Meet Information

- **Field events will start at 8:30 and track events will begin at 9:00.** The meet will operate on a **rolling schedule** that will follow the order of events/tables listed below:

Track Events Start at 9:00am	
Event 1) 100 Meter Hurdles Event 2) 1 Mile (Waterfall start) Event 3) 4x100 (1 entry per team based on lane availability) Event 4) 400 Meter	Event 5) 100 Meter Event 6) 800 Meter (Waterfall start) Event 7) 200 Meter Event 8) 4x400 (1 entry per team based on lane availability)

- **Track events will be contested in the following order:**
 - 6th boys and girls combined, 7th grade girls, 7th grade boys, 8h grade girls, and 8th grade boys.
- **Field events will rotate based on the table below:**

	8:30	9:30	10:30	11:30	12:30	1:30
6th grade girls	Shot		Long		High	
6th grade boys	High		Shot		Long	
7th grade girls	Long		High		Shot	
7th grade boys		Shot		Long		High
8th grade girls		High		Shot		Long
8th grade boys		Long		High		Shot

Open Ring Disc (1.2 Kg) Clinic for all grades and genders 8:30-10:00
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Coaching Details:

- **Coaches Meeting at 8:15** at the finish line to review our schedule, procedures, and questions.
- All results will be managed with a digital system. Athletes will be pre registered to a bib number. Bibs will be distributed to coaches at the event, and athletes will wear the bib for the entirety of the meet.
- If you have an issue with a bib or need another one, use the bib issue form in your packet.
- Please limit athlete event entries to 4 events (including relays).

Check In:

- Track events will check in at the clerk of the course at the north end of the track when their event is called. Field events will check in at the location of the field event when their event is called.

Awards:

- Ribbons will be awarded to the top three overall athletes in each event and division. Ribbons will be awarded by grade/gender.
- There are going to be multiple heats of events. It is possible to win a heat, and not receive a medal. Heats will not be “seeded”. Awards will be issued as promptly as possible following events.

