

FORT WORTH COUNTRY DAY SCHOOL

# FALCONS

## FWCDS INVITATIONAL TRACK AND FIELD MEET

**DATE:** FRIDAY, March 31<sup>ST</sup> AND SATURDAY, APRIL 1<sup>st</sup>, 2006

**TIME:** Coaches Meeting: 1:30 p.m. Friday (Varsity)  
7:30 a.m. Saturday (Middle School)  
Both meetings are in (Seminar A/B)

|                                  |   |
|----------------------------------|---|
| <b>FIELD EVENTS</b>              | 2:00 FRI-VAR LJ & TJ<br>3:00 PM (All other Field Events) FRI-VAR<br>8:00 AM SAT – MS (All Field Events) |
| <b>3200M</b>                     | 3:00 PM FRI – VAR<br>8:00 AM SAT – MS   |
| <b>4 x 800 FINALS (VAR ONLY)</b> | 5:00 PM FRI   |
| <b>VARSITY TIMED FINALS</b>      | 6:30 PM FRI – VAR   |
| <b>MS TIMED FINALS</b>           | 11:00 AM SAT – MS   |

**ENTRIES:** THERE IS A \$100 ENTRY FEE FOR EACH TEAM ENTERED OR \$350 FOR ALL 4 DIVISIONS. TEAMS WITH LESS THAN 9 MEMBERS PAY \$15 PER ATHLETE. ENTRIES MUST BE RECEIVED BY Wednesday, March 22<sup>nd</sup> and **SCRATCHES** no later than Wednesday, March 29<sup>th</sup>. All checks should be made out to Fort Worth Country Day School. Please send the checks to the Athletic Department, with attention to Ed Chisholm.

*Please use the following format for your entries in alphabetical order:*

- Last Name, First Name (Followed by the events and times of that athlete.)
- Please submit separate entry forms for your male and female athletes.

*Additionally, please indicate in the body of your email what school you are representing and a contact telephone number in case something arises.*

THERE WILL BE NO ADD INS after Wednesday, March 29<sup>th</sup> Entries, Scratches and Substitutions should be DONE via e-mail to Tim Moore at [Utextrainer@sbcglobal.net](mailto:Utextrainer@sbcglobal.net)

**RULES:** THE MEET WILL BE GOVERNED BY UIL Rules. (Participants are limited to a 3-2 combination. Please check your entries thoroughly.)

**AWARDS:** MEDALS FOR 1<sup>ST</sup> THROUGH 3<sup>RD</sup> PLACE IN ALL DIVISIONS.  
TROPHIES FOR RELAYS AND DIVISION CHAMPIONS.  
**AWARDS WILL BE GIVEN TO COACHES IN THE PRESS BOX AT THE END OF THE MEET (AFTER 4 x 400 RELAY)!**

**TRACK:** THERE WILL BE NO DRESSING FACILITIES AVAILABLE. PLEASE MAKE ALL THE TEAM AREAS OUTSIDE THE FENCED-IN TRACK FACILITIES. **NO TEAM CAMP WILL BE ALLOWED ON THE INFIELD!**

### ATHLETIC DEPARTMENT

4200 Country Day Lane ~ Fort Worth, TX 76109 ~ Phone (817) 302-3202 Fax (817) 302-3268

FORT WORTH COUNTRY DAY SCHOOL

# FALCONS

## SCHEDULE OF EVENTS

Friday, March 31<sup>st</sup> 2006

**FIELD EVENTS:** 2:00 PM  
**VARSIITY**

|                          |     |                            |
|--------------------------|-----|----------------------------|
| * BOYS <b>LONG JUMP</b>  | And | * GIRLS <b>TRIPLE JUMP</b> |
| * GIRLS <b>LONG JUMP</b> | And | * BOYS <b>TRIPLE JUMP</b>  |

**FIELD EVENTS:** 3:00 PM  
**VARSIITY**

|                  |             |                 |
|------------------|-------------|-----------------|
| GIRLS HIGH JUMP  | Followed by | BOYS HIGH JUMP  |
| ** BOY DISCUS    | Followed by | ** GIRLS DISCUS |
| ** GIRLS SHOT    | Followed by | ** BOYS SHOT    |
| GIRLS POLE VAULT | Followed by | BOYS POLE VAULT |

\* *These events will run simultaneously at separate pits.*

\*\* *These events have a qualifying standard to receive a mark.*

**ONLY 4 ATTEMPTS FOR LJ, TJ, SHOT and DISCUS**

**RUNNING EVENTS:** GIRLS followed by BOYS  
**VARSIITY**

3:00 PM 3200M RUN *FINALS*

5:00 PM 4 x 800 RELAY *FINALS*

6:30 PM TIMED FINALS  
4 x 100 RELAY  
800M DASH  
100M LH  
110M HH  
100M DASH  
400M DASH  
300M IH  
200M DASH  
1600M RUN  
4X400M RELAY

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# FALCONS

## SCHEDULE OF EVENTS

SATURDAY, APRIL 1<sup>st</sup>, 2006

**FIELD EVENTS:**  
**MIDDLE SCHOOL**

8:00 AM (*ONLY 3 ATTEMPS: Discus, Shot, Long Jump, Triple Jump*)

- |                          |             |                            |
|--------------------------|-------------|----------------------------|
| * BOYS <b>LONG JUMP</b>  | And         | * GIRLS <b>TRIPLE JUMP</b> |
| GIRLS HIGH JUMP          | Followed by | BOYS HIGH JUMP             |
| ** BOYS DISCUS           | Followed by | ** GIRLS DISCUS            |
| ** GIRLS SHOT            | Followed by | ** BOYS SHOT               |
| GIRLS POLE VAULT         | Followed by | BOYS POLE VAULT            |
| * GIRLS <b>LONG JUMP</b> | And         | * BOYS <b>TRIPLE JUMP</b>  |

*\*These events will run simultaneously at separate pits.*

*\*\* These events will have a qualifying standard to receive a mark.*

**TIMED FINALS:**  
**MIDDLE SCHOOL**

8:00 AM

3200M

11:00 AM

GIRLS followed by BOYS

4 x 100 RELAY  
800M RUN  
100M LH  
110HH  
100M DASH  
400M DASH  
300M IH  
200M DASH  
1600M RUN  
4 x 400 RELAY

**ATHLETIC DEPARTMENT**