

We would like to extend a special thank you to Justin-Siena High School for allowing us to use this great facility and to all of the volunteers who have given their time and energy to make this event happen.

For your Information:

World Records in our events:

100 meters

Men - Usain Bolt, Jamaica	9.58 sec	2008
Women - Florence Griffith, USA	10.49 sec	1988

200 meters

Men - Usain Bolt, Jamaica	19.19 sec	2008
Women - Florence Griffith, USA	21.34 sec	1988

400 meters

Men - Michael Johnson, USA	43.18 sec	1999
Women - Marita Koch, East Germany	47.60 sec	1985

800 meters

Men - Wilson Kipketer, Denmark	1:41.11 sec	1997
Women - J. Kratochvilova, Czechoslovakia	1:53.28 sec	1983

1600 meters (1 mile)

Men - H. El Guerrouj, Morocco	3:43.13 sec	1999
Women - S. Masterkova, Russia	4:12.56 sec	1996

4x100 meters

Men - Jamaica	37.10 sec	2008
Women - East Germany	41.37 sec	1985

4x400 meters

Men - USA	2:54.29 sec	1993
Women - USSR	3:15.17 sec	1988

Long Jump

Men - Mike Powell, USA	29'-4.5"	1991
Women - G. Chistyakova, USSR	24'-8.25"	1988

Shot Put

Men - Randy Barnes, USA	75'-10.25"	1990
Women - N. Lisovkaya, Russia	74'-3"	1987

See you next year!

1st Annual St. Apollinaris Twilight Track and Field Meet

**Friday, May 7, 2010
Justin-Siena High School**



Featuring athletes from:

***St. Apollinaris Catholic School
St. John's Catholic School
Blue Oak School***

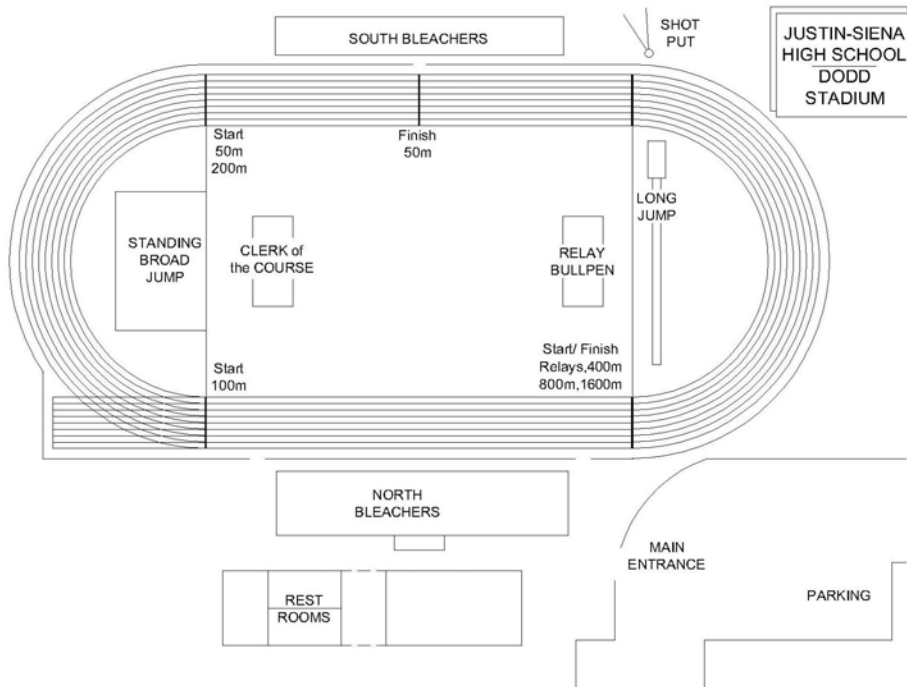
First Race starts at 5:00pm

Admission: \$1.00 Adults

Welcome to the 1st Annual St. Apollinaris Twilight Track and Field Meet

Thank you for joining us this evening. Our goal tonight is that all athletes, coaches and spectators have a fun, positive experience. In the interest of safety, all athletes and coaches are asked to remain in the bleachers unless they are participating in an event. Spectators are asked to remain in the bleachers at all times. Please enjoy the meet and best of luck to all participants!

Note: No spiked track shoes will be allowed for this meet.



Schedule of Running Events - Grades 4 - 8

Starting time — 5:00pm

- 800 meters
- 4x100 meter relay
- 100 meters
- 400 meters
- 1600 meters (the 'mile')
- 200 meters
- 4x400 meter relay

Schedule of Events—Grades K-3

- 4x100 relay
- *
- 50 meters
- *
- Standing Broad Jump
- *
- 200 meters (3rd grade only)

Schedule of Field Events - Grades 4 - 8

Long Jump - Grades 4 - 8

Shot Put - Grades 7 - 8

