

TO: TRACK COACHES AND PRINCIPALS
FROM: RUSS PAINTER, (559-907-6742)
RE: FRESNO COUNTY TRACK AND FIELD COMMITTEE
2023 RULES AND REGULATIONS

WE ARE ATTEMPTING THIS YEAR TO CONTINUE OUR RESTART OF THE TRACK PROGRAM THAT IS ORGANIZED AND ADMINISTERED BY THE FRESNO COUNTY TRACK AND FIELD COMMITTEE AFTER HAVING OUR PROGRAM PUT ON HIATUS DUE TO COVID IN 2020 AND 2021. THE CHALLENGE FOR 2023 WILL BE COMPENSATING FOR THE ABSENCE OF FRESNO COUNTY TRACK STALWART HASKALL HENSON, WHO HAS FINALLY BOWED OUT DUE TO SOME LINGERING HEALTH CONCERNS. BUT WE ARE MOVING FORWARD AS IF WE WILL BE ABLE. THIS RULES PACKET AND SCHEDULE PRESENTS IMPORTANT INFORMATION FOR OUR PROGRAM—ESPECIALLY THE AGE GROUPS (AND BIRTHDATES) THAT WILL BE IN USE THIS SEASON.

I HAVE SERVED AS CHAIRMAN OF THIS GROUP FOR MANY YEARS. DURING THE PANDEMIC MY WIFE AND I HAVE MOVED TO IDAHO SO IT IS TIME FOR SOMEONE ELSE TO ASSUME THESE DUTIES. I AM HAPPY TO HELP WHERE AND WHENEVER POSSIBLE. IT IS MY FERVENT HOPE THAT THIS ORGANIZATION AND THE SERVICE IT PROVIDES CAN REMAIN RELEVANT AND IMPORTANT TO THE ELEMENTARY TRACK ATHLETES THAT IT SERVES.

2023 EXECUTIVE BOARD

CHAIRMAN— RUSS PAINTER (RETIRED)

VICE-CHAIRMAN – OPEN

COMMITTEE MEMBERS--

FRESNO CITY

JEFF AALTO--CARDEN

MONA TATUM—KING SCHOOL

CHRIS GADAMS—HAMILTON SCHOOL

RANDALL WALLACE-EASTERBY SCHOOL

FRESNO COUNTY

LOUIE MORALES—REEDLEY HIGH SCHOOL

CLAY MANNING – SANGER HIGH SCHOOL

GARY DAVIS – CENTRAL UNIFIED

CHRIS WILSON-PARLIER

EVENT CHANGES

THERE WERE NO CHANGES TO THE EVENTS OFFERED. BANTAMS AND MIDGETS MAY STILL COMPETE IN **THREE EVENTS** WHILE JUNIORS (YOUTH) AND INTERMEDIATES MAY COMPETE IN **FOUR EVENTS**. **RELAYS COUNT AS AN EVENT**. NOTE - THAT THE SEQUENCE OF EVENTS THAT WAS USED LAST YEAR WILL BE USED AGAIN THIS YEAR.

NOTE: All MIDGET Turbo Javelin competitors will throw the 450 gram “Fin-Flyer” Javelin rather than the 300 gram javelin. BANTAM competitors will continue to throw the 300 gram turbo javelin.

Intermediate Boys throw the 10# shot put and the 1.6K discus.

4 x 100 Relay Passing Zones will be revised to a 30 Meter Zone instead of a 10 meter acceleration zone + a 20 meter exchange zone (hopefully eliminates early passing disqualifications).

AGE GROUPS

BANTAMS--BORN IN 2013 OR LATER (UNDER 10’S)

MIDGETS--BORN IN 2011 OR 2012 (UNDER 12’S)

JUNIORS (YOUTH)--BORN IN 2009 OR 2010 (UNDER 14’S)

INTERMEDIATES--BORN IN 2007 OR 2008 (9TH GRADERS ARE INELIGIBLE TO COMPETE IN THE JR. FRESNO RELAYS.)

OTHER POINTS OF INTEREST:

LIKE 2022, THERE WILL BE NO EVENT ALTERNATES, EXCEPT FOR THOSE ADDITIONAL RUNNERS LISTED WITH RELAY TEAMS.

THE TOP 5 FROM THE COUNTY FINALS AND TOP 4 FROM THE CITY FINALS WILL ADVANCE TO THE JR. FRESNO RELAYS SINCE SANGER’S DODSON FIELD TRACK HAS 9 LANES.

BE SURE TO HAVE PRINCIPALS VERIFY THE AGES OF ATHLETES COMPETING IN THE CITY AND COUNTY FINALS.

ADMISSION FEES FOR THE COUNTY FINALS, & THE JR. FRESNO RELAYS WILL BE **\$5 FOR ADULTS AND \$5 FOR CHILDREN/STUDENTS**. SOME AREA QUALIFYING MEETS WILL CHARGE ADMISSION TO OFFSET AWARDS COSTS.

NOTE: TRACK SPIKES SHOULD BE 3/16” PYRAMID ONLY AS PER STADIUM REQUIREMENTS.

JUNIOR FRESNO RELAYS
2023
Rules and Regulations

The Junior Fresno Relays is a track and field meet for Fresno County students, sixteen years of age and under, excluding high school students in grades 9 through 12. The meets are sponsored by the Fresno County Track and Field Committee and the Fresno County Department of Education. Schools outside Fresno County are eligible to participate if they are within a Fresno County high school district. This meet and all qualifying meets will be governed by these rules and regulations. Any rules not covered by these specific rules and regulations will be covered by the 2023 USA Track and Field Competition Rules. **All athletes must have provided proof of insurance to their schools in order to participate and, by participating, they accept all liability. Schools and districts should verify appropriate levels of insurance for all athletes.**

ENTRY REGULATIONS

1. In order to participate in the Junior Fresno Relays and the Valley School Championships program, an athlete must be one of the top four finalists in the Fresno City Meet or one of the top 5 finishers in the Fresno County Qualifying Meet and be in good standing at the school they attend, meeting all of the eligibility requirements that have been established by that school and district. Middle School students must meet the 2.0 eligibility requirement at the school they attend. In all events the top 4 (City) and 5 (county) qualifiers will participate in the Jr. Fresno Relays.

A. Fresno City Qualifying Meets (Toby Lawless):

In order to qualify, an athlete must attend a school in the Fresno Unified School District or a private school in Fresno, or be home-schooled in Fresno, and must qualify at one of the Fresno City Qualifying Meets (Toby Lawless) for the school he/she attends. All meets are under the direction of the Fresno middle school and elementary school coaches. For information, contact Russ Painter at 559-907-6742) or at Russpainter8@gmail.com. Bantam and Midget Girls on April 13 at 1:00; Bantam and Midget Boys on April 14 at 1:00 p.m. and Juniors and Intermediates on Saturday, April 15th at 9:00 a.m.; All meets at Sunnyside High School.

Fresno City Finals: Saturday, April 22, 2023 at Sunnyside High Stadium at 9:00 a.m. The contact is Russ Painter 559-907-6742 or Brett Mar-457-3000. Four (4) qualify in each division for the Junior Fresno Relays. Medals will be given for first through fourth places. All others will receive ribbons.

B. Fresno County Qualifying Meets:

a. Reedley Area I Meet: All age groups at Reedley High School @ 9:00 a.m. on April 15th, 2023. Contact Louie Morales (559-999-2985) Reedley, Selma, Fowler, Parlier and Kingsburg High School Districts included. Four (4) qualify in each division to the county finals.

b. Coalinga Area II Meet: All age groups Thursday, April 13th, 2023 at 3:00 p.m. at Coalinga High School. Coalinga, Riverdale, Tranquility, Firebaugh, and Laton High School Districts included. Meet Director: Andrew Wagoner (559-630-4712) Three qualify in each event. Meet registration will be on Athletic.net--
<http://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=263474#/53618>

c. Clovis/Sierra/Sanger Area III Meet: All age groups April 15th, 2023 at Dodson Field at WAMS in Sanger at 9:00 a.m.. Sanger, Sierra and Clovis Schools Districts included, Contact Kristine Bustos in Clovis (273-8239) or Clay Manning (859-4126) . Four (4) qualify in each division. Area III is using electronic entries for all competitors. [Visit Sangerhighschool.com to complete pre-entry process or contact Clay Manning](http://www.sangerhighschool.com)

d. Washington Area IV Meet: April 15th, 2023 at Central High School (Koligian Stadium) at 9:00 a.m. Washington Union, Caruthers, Kerman, Central, and Central West High School Districts included. Meet Director Gary Davis (559-710-2187); gdavis@centralusd.k12.ca.us). Three (3) qualify in each division. [Meet registration will be on Athletic.net](http://www.athletic.net)

e. Qualifying Meet Directors . Please limit abbreviations. **All athletes' birth dates must be verified by the school principal. These birth dates may be checked by any meet director. False dates could lead to the disqualification of competitors. Results and age verifications must be received no later than Monday, April 17th for the Fresno County Finals. They must be sent to:**

Louie Morales
Reedley High School
559-999-2985 or morales-lo@kcsd.com

If you have any questions concerning the Fresno County Finals, contact Louie Morales at Reedley HS (559-999-2985)

f. Fresno County Finals: April 22nd, 2023 at Reedley High School. Athletes from Reedley, Coalinga, Clovis/Sanger, and Washington Areas included. Meet Director--Louie Morales at Reedley HS (999-2985). The meet will start at 9:00 A.M. Coaches' meeting will start at 8:30 A.M. The top five (5) qualify in each division for the Junior Fresno Relays. Medals will be awarded for first through fourth places. All others will receive ribbons.

g. Junior Fresno Relays: April 29th, 2023 at Sanger High School. (Dodson Field) Four (4) qualifiers from the Fresno City Finals and five (5) qualifiers from the Fresno County Finals will participate in the Jr. Fresno Relays. Meet Director Clay Manning (859-4126). The meet will start at 9:00 A.M. **sharp.** Coaches' meeting will start at 8:30 A.M. Medals will be awarded for first, second, third & fourth places. Fifth through tenth places will receive ribbons.

h. All coaches, participants, and spectators will pay an admission fee to the Fresno County Finals, the Fresno City Finals and the Junior Fresno Relays of \$5.00 for children and students and \$5.00 for all adults. These fees are to defray the cost of awards, stadium security, groundskeeper, and other costs. **Schools may make checks payable to Fresno County Track and Field Committee. Please make checks out to cover the cost of ALL qualifiers from your school. Coaches need to be sure that parents are aware that there is a cost for them to attend this meet.** A concession stand will be open at all meets.

i. Valley Championship Meet - The Valley School Championship Meet (formerly the Jr. Olympics) will be held on May 6th at Buchanan High's Veteran's Stadium. Meet Contact Person--Dori Cirrincione (304-2258)

The number of qualifiers for the meet and the location will be announced at the Junior Fresno Relays. At this time it appears that we will have at least four qualifiers from our county.

2. There will be four divisions for boys and girls. These divisions are determined by the year of the athlete's birth. A contestant must compete in that division for all events. The divisions are:

Bantams	birth year 2013 or later
Midgets.....	birth year 2011 or 2012
Juniors (Youth)	birth year 2009 or 2010
Intermediates.....	birth year 2007 or 2008
<i>Students in grades 9 through 12 are not eligible.</i>	

3. A Bantam or Midget contestant may enter in any three (3) events listed for his/her division. A Junior (Youth) or intermediate contestant may enter in any four (4) events listed for his/her division. An alternate in a relay event does not count as an event unless they actually compete. All members of a relay team must be from the same school. A school may have only one (1) relay team for each division with no more than four (4) alternates. Alternates should be listed when the team first competes.

4. Event alternates for the Junior Fresno Relays: This year there will be no alternates allowed, but the top four (city) or five (5) qualifiers from the City and County finals will compete. All finals meet directors must send an entry list that includes the top four or five (5) finishers in each event to make sure a record of the proper participants is available. Please list first and last name and complete school name.

5. All athletes must wear some type of school issued track uniform with a top. Relay team members must have the same color tops. A uniform may simply be school gym clothes. Street clothes are not considered to be a track uniform and are prohibited. No club uniforms are allowed.

6. Track shoes are optional. However, all athletes must wear some type of shoes. No one may compete barefooted except in the high jump. Runways require pyramid spikes no longer than 3/16". Some stadiums are changing their track spike requirements so that no spikes will be allowed that contain needle point spikes and so that no spikes are longer than 3/16". **Buchanan Stadium, Sunnyside Stadium, Dodson Field, and Reedley High School require 3/16" pyramid spikes; no needle nosed spikes allowed.**

7. All coaches and non-participants must remain in the stands. This pertains to coaches of both field and running events. Athletes must stay off the track and infield when not actually competing. Relay teams must warm up on the practice field, not the infield. On an extremely warm day, coaches may be allowed on the track to aid distance runners with water. This will be determined by the meet director prior to or during that particular meet.

8. An athlete must compete in their correct age group. An athlete may **NOT** compete with an older age group. Example-a bantam cannot compete with midgets or a midget cannot compete in the junior division.

9. Any participant who heckles another participant, uses profanity or behaves in an unsportsmanlike manner may be disqualified and any individual award earned will be forfeited at the discretion of the Appeals Committee.

RUNNING EVENTS

1. **Lanes:** All events of 400 meters or shorter will be run in lanes all the way. Events of 1500 meters or longer will use a bunch start with the runners being allowed to cut to the pole at the first curve excluding the first leg of the 1600 meter relay. **Runners in the 800 will start and run the first turn in lanes and then be allowed to cut to the inside lanes after the first turn.**
2. **Relays:** A 30-meter exchange zone will be used for all relays. **The 10-meter sprint zone has been added to the actual passing zone.** International Zone Rules will apply. The first runner in the 1600-meter relay will run the entire first lap in his/her lane. **The three turn stager will apply to the 1600m relay.**
3. **Hurdles:** All hurdle races will be set up in accordance with the hurdle specifications listed in the following table.
4. Starting blocks may be used for Juniors and Intermediates but not for Bantam and Midgets. They will be provided at the discretion of the facility management. No outside blocks may be used in the meet. **At the Valley School Championship meet Intermediates must use starting blocks.**

HURDLE SPECIFICATIONS

Distance	Division	No. of Hurdles	Height	Dist. to		Dist. to Finish
				First	Interval	
80 m	Midget Girls	8	30"	12m	7.5m	15.5m
80 m	Midget Boys	8	30"	12m	7.5m	15.5m
100 m	Junior Girls	10	30"	13m	8.0m	15.0m
100 m	Inter. Girls	10	30"	13m	8.0m	15.0m
100 m	Junior Boys	10	33"	13m	8.5m	10.5m
100 m	Inter. Boys	10	33"	13m	8.5m	10.5m

Standard to Metric conversions:

7.5m	24' 9"	12m.	39' 4.5"
8m	26' 3"	13m.	42' 8"
8.5m.	27' 10.5"	15m.	49' 6.5"
10.5m.	34' 5.5"	15.5m.	51' 1.5"

FIELD EVENTS

1. The Long Jump, High Jump, Triple Jump, and Pole Vault will be measured to the lesser 1/4". The long jump and triple jump will consist of four (4) jumps. There will be no finals. In the high jump, three (3) consecutive misses by the participant and he/she is out. A participant will be allowed a maximum of two minutes to complete the attempt after their name has been called. Opening heights for the high jump, will be determined by the Meet Director of that meet.
2. Discus will be measured to the lesser 1/2". All girls divisions will use the 1-kilo discus (2 lb. 3 1/2 oz.). The Midget boys and Junior boys will also use the 1-kilo discus. The Intermediate boys will use the 1.6-kilo high school discus (3 lb. 9 oz.).
3. Shot Put will be measured to the lesser 1/4". Bantam boys and girls, Midget boys and girls, and Junior girls will use the 6 lb. shot. Junior boys and Intermediate girls will use the 4 Kilo shot. Intermediate boys will use the 10 lb. shot. **NOTE:** At Finals meets (City and County and the Jr. Fresno Relays), all four throws should be measured if requested by the athlete.
4. Each shot and discus must meet the official weight and measurement requirements and will be weighed before use. Do not bring illegal equipment. **Note: Intermediate Boys throw 10# shot and 1.6K Discus.**
NOTE: Four (4) trials will be given in each event at the Jr. Fresno Relays. No finals.
Any participant competing in an event may use equipment entered in an event.
5. If an athlete is competing in two events simultaneously, it is their responsibility to keep all officials involved apprised of their whereabouts and report back to those officials as soon as they have completed one of the events.
6. If a running event is called at the same time as field event, report to the field event first, then go to the running event. If a running event is called while competing in a field event, report to the running event.
7. Athletes competing in the High Jump need to be aware that once the bar has advanced to the next higher height, it will not be lowered. Athletes and coaches with athletes that are involved in simultaneous events should be aware of the rules governing those events.
8. This year the Jr. Fresno Relays will offer competition in the "Turbo Javelin" or "Javy" for Bantam and Midget boys and girls only. Each competitor will get three throws. Each competitor's best throw will be measured to the lesser 1/2". **Midgets will throw the official 450-gram "Fin-Flyer" Turbo Javelin while Bantams will continue to throw the 300 gram "javy".**

**JUNIOR FRESNO RELAYS
2023
TRACK AND FIELD EVENTS**

**BANTAM DIVISION
Boys & Girls
Born in 2013 or later
(3 events only)**

100 meter dash
200 meter dash
400 meter dash
800 meter run
1500 meter run
3000 meter run
400 meter relay (4 x 100)
1600 meter relay (4 x 400)
Long Jump
High Jump
Triple Jump
Shot Put (6 lb.)
Turbo Javelin (300 gram)

**MIDGET DIVISION
Boys & Girls
Born in 2011 or 2012
(3 events only)**

80 meter hurdles (See table)
100 meter dash
200 meter dash
400 meter dash
800 meter run
1500 meter run
3000 meter run
400 meter relay (4 x 100)
1600 meter relay (4 x 400)
Long Jump
High Jump
Triple Jump
Shot Put (6 lb.)
Discus (1 kilo)
Turbo Javelin (450 gram) Fin-Flyer

**JUNIOR/YOUTH DIVISION
Boys & Girls
Born in 2009 or 2010
(4 events only)**

100 meter hurdles (See table)
100 meter dash
200 meter dash
400 meter dash
800 meter dash
1500 meter run
3000 meter run
400 meter relay (4 x 100)
1600 meter relay (4 x 400)
Long Jump
High Jump
Triple Jump
Shot Put (4 K)
Discus (1 kilo)
Pole Vault

**INTERMEDIATE DIVISION
Boys & Girls
Born in 2007 or 2008
(4 events only)**

100 meter hurdles (See table)
100 meter dash
200 meter dash
400 meter dash
800 meter dash
1500 meter run
3000 meter run
400 meter relay (4 x 100)
1600 meter relay (4 x 400)
Long Jump
High Jump
Triple Jump
Shot Put (See rule 3)
Discus (See rule 2)
Pole Vault

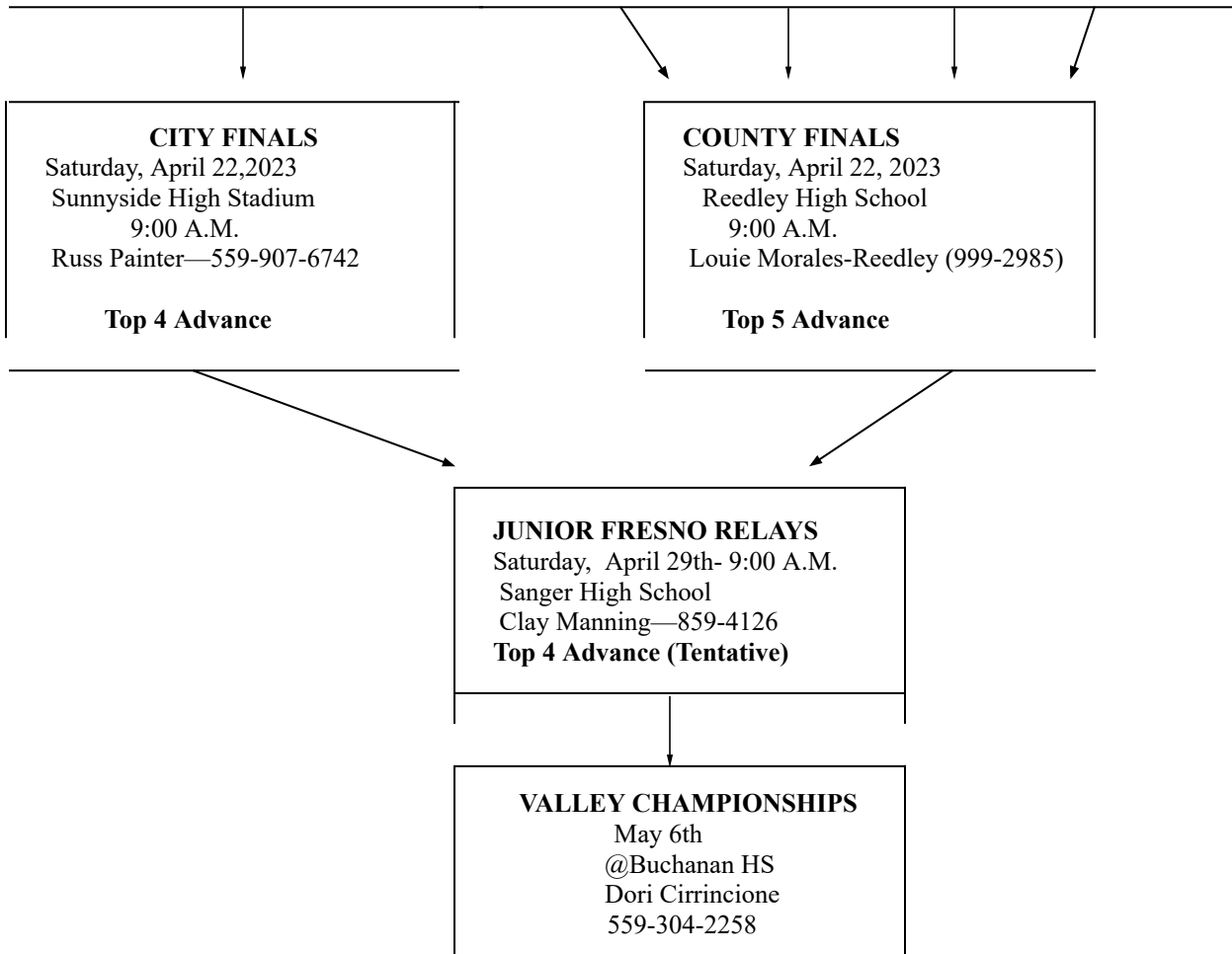
Note #1: Events listed for the Junior Fresno Relays are predominantly the same events that will be contested at the Central California USA T & F Valley Championships and other Association and Regional Meets. There are some differences, especially in the hurdle races and triple jump for younger divisions. Check with next-in-line meet director.

Note #2: The Bantam and Midget Triple Jump, & the Bantam 3000 meter run will NOT be held at the Valley Championships as they are not “sanctioned events”.

Note #3: There will be an Intermediate Division at the Valley Championships. **Intermediates must use blocks at the Valley Championships for the 100m dash, 200m dash, 400m dash, 400m relay and 1600m relay.**

**JUNIOR FRESNO RELAYS
2023
Fresno County Flow Chart**

Fresno City Schools	Area I Reedley	Area II Coalinga	Area III Clovis	Area IV Washington
<ul style="list-style-type: none"> •April 14th (Friday)-Bant & Midget Boys Sunnyside High @1:00 p.m. •April 13th(Thursday)-Bant & Midget Girls Sunnyside High @ 1:00 p.m. •April 15th (Saturday)-Junior & Inter. (Friday) Sunnyside High @ 9:00 am 	Parlier Kingsburg Selma Reedley Fowler April 15 @9:00 Reedley High Louie Morales 999-2985	Mendota Coalinga Riverdale Tranquility Laton Firebaugh Thursday, April 13@3:00 Coalinga HS Andrew Wagoner 559-630-4712 Coalinga HS See Rules for Registration Information	Clovis Sierra Auberry Sanger April 15 @9:00 Sanger High Clay Manning 859-4126 Kristine Bustos 273-8239	Washington Central Caruthers Kerman April 15@9:00 @Central H.S. Gary Davis 559-710-2187 gdavis@central usd.k12.ca.us



**JUNIOR FRESNO RELAYS and CITY/COUNTY FINALS
2023**

Schedule of events

9:00 A.M. Start

3000 Mtr. Run	Bantam Girls	200 Mtr. Dash	Bantam Girls
3000 Mtr. Run	Bantam Boys	200 Mtr. Dash	Bantam Boys
3000 Mtr. Run	Midget Girls	200 Mtr. Dash	Midget Girls
3000 Mtr. Run	Midget Boys	200 Mtr. Dash	Midget Boys
3000 Mtr. Run	Junior Girls	200 Mtr. Dash	Junior Girls
3000 Mtr. Run	Junior Boys	200 Mtr. Dash	Junior Boys
3000 Mtr. Run	Inter. Girls	200 Mtr. Dash	Inter. Girls
3000 Mtr. Run	Inter. Boys	200 Mtr. Dash	Inter. Boys
80 Mtr. Low Hurdles	Midget Girls	1600 Mtr. Relay	Bantam Girls
80 Mtr. Low Hurdles	Midget Boys	1600 Mtr. Relay	Bantam Boys
100 Mtr. Low Hurdles	Junior Girls	1600 Mtr. Relay	Midget Girls
100 Mtr. Low Hurdles	Inter. Girls	1600 Mtr. Relay	Midget Boys
100 Mtr. Low Hurdles	Junior Boys	1600 Mtr. Relay	Junior Girls
100 Mtr. Low Hurdles	Inter. Boys	1600 Mtr. Relay	Junior Boys
800 Meter Run	Bantam Girls	1600 Mtr. Relay	Inter. Girls
800 Meter Run	Bantam Boys	1600 Mtr. Relay	Inter. Boys
800 Meter Run	Midget Girls		
800 Meter Run	Midget Boys		
800 Meter Run	Junior Girls		
800 Meter Run	Junior Boys		
800 Meter Run	Inter. Girls		
800 Meter Run	Inter. Boys		
400 Meter Relay	Bantam Girls		
400 Meter Relay	Bantam Boys		
400 Meter Relay	Midget Girls		
400 Meter Relay	Midget Boys		
400 Meter Relay	Junior Girls		
400 Meter Relay	Junior Boys		
400 Meter Relay	Inter. Girls		
400 Meter Relay	Inter. Boys		
100 Meter Dash	Bantam Girls		
100 Meter Dash	Bantam Boys		
100 Meter Dash	Midget Girls		
100 Meter Dash	Midget Boys		
100 Meter Dash	Junior Girls		
100 Meter Dash	Junior Boys		
100 Meter Dash	Inter. Girls		
100 Meter Dash	Inter. Boys		
1500 Meter Run	Bantam Girls		
1500 Meter Run	Bantam Boys		
1500 Meter Run	Midget Girls		
1500 Meter Run	Midget Boys		
1500 Meter Run	Junior Girls		
1500 Meter Run	Junior Boys		
1500 Meter Run	Inter. Girls		
1500 Meter Run	Inter. Boys		
400 Mtr. Dash	Bantam Girls		
400 Mtr. Dash	Bantam Boys		
400 Mtr. Dash	Midget Girls		
400 Mtr. Dash	Midget Boys		
400 Mtr. Dash	Junior Girls		
400 Mtr. Dash	Junior Boys		
400 Mtr. Dash	Inter. Girls		
400 Mtr. Dash	Inter. Boys		

**Field events will follow
the following sequence.**

High Jump Pit 1

Bant. Girls
Mid. Girls
Bant. Boys
Mid. Boys

Pit 1

Long Jump

Bant. Boys
Bant. Girls
Mid. Boys
Mid. Girls
Junior Boys
Junior Girls
Inter. Boys
Inter. Girls

Shot Put #1

Int. Boys
Int. Girls
Jr. Boys
Jr. Girls

Shot Put #2

Bant. Boys
Bant. Girls
Midget Girls
Midget Boys

High Jump Pit 2

Jr. Girls
Int. Girls
Jr. Boys
Int. Boys

Pit 2

Triple Jump

Jr. Boys
Jr. Girls
Int. Boys
Int. Girls
Bant. Boys
Bant. Girls
Mid. Boys
Mid. Girls

Discus

Mid. Girls
Mid. Boys
Jr. Girls
Jr. Boys
Int. Girls
Int. Boys (1.6 K)

Turbo Javelin

Bantam Girls (300 gram)
Bantam Boys(300 gram)
Midget Boys (450 gram fin-flyer)
Midget Girls (450 gram fin-flyer)

NOTE:

**Coaches' meeting 30 minutes
before meet starts**