**Order of Events**

Girls will compete first in all running events

All final heats will be fastest to slowest

**Wed May 8th -** This is a running schedule.

2:30 p.m. Afternoon weigh-in Northwest end of stadium

3:00 p.m. Coaches meeting at the start line

|  |  |
| --- | --- |
| **3:30 PM Running Events** | **3:30 PM Field Events** |
| 100 M / 110M Hurdle Trials | Boys Javelin |
| 100 M Dash Trials | Girls Long Jump |
| 1600 M Run Final | Boys High Jump |
| 400 M Dash Trial | Girls Discus |
| 300 M Hurdle Trial | Boys Shot Put |
| 200 M Dash Trial |  |
| Medley Relay Final |  |

**Thursday May 9th**

2:30 PM Weigh-in Northwest end of stadium.

2:30 PM. Coaches meeting at the start line

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| --- | --- |
| **3:30 PM Running Events** | **3:30 PM Field Events** |
| 100M/110M Hurdles Final | Girls Javelin |
| 100M Final | Boys Long Jump |
| 3200 Meter Final | Girls High Jump |
| 400M Dash Final | Boys Discus |
| 4 X 100 Relay Final**Academic All Region** | Girls Shot Put |
| 300m Hurdles Final |  |
| 800m Run Final |  |
| 200m Dash Final |  |
| 4 X 400m Relay Final |  |

**Awards:** Medals will be given to the top 5 Finishers in individual events and the top spot in Relays. Team Trophies will be given to the Girls and Boys Meet Champions. Team Scoring will be 10,8,6,5,4,3,2,1.

**Surface:** Please note the only 1/4" (or shorter) pyramid spikes can be used

            Shot Put and Discus rings are concrete. Javelin runway is grass. High Jump and Long Jump runways are Rubberized Surface.

**Meet Entry:** Each team is required to register athletes on **Runnercard.com by May 7th at 10AM**. Each team will be allowed up to Seven (7) individual athletes per event and one (1) team relay per team. Please submit electronic times, and accurate distances and heights to ensure proper heat placement. All heats will be formed prior to meet with top 8 advancing to finals in lanes races, and top 9 in all field events.

**General Meet Info:**

**1.** All throwing implements will be weighed and certified according to the National Federation Rules. The weigh-in will be conducted at the Northwest end of the stadium.

**2.** Flash Timing will be used for all running events.

**3.** Individual entries are limited to four events per athlete.

**4.** Throwers and Jumpers will be allowed three preliminary tries (top nine to finals).

**6.** The crossbar for High Jump will be raised as follows:

Girls HJ - 4'05", 4'07", 4'09", 4'11", 5’01", 5'02", 5'03", and one inch thereafter.

Boys HJ - 5'07", 5'09", 5'11", 6'00", 6'01", 6'02" and one inch thereafter.