

A FEW REMINDERS

* Enjoy your Coaches Gift, keep that phone charged on those long meet days. – We appreciate your entry.

- * We will run ahead whenever possible but will try to not run too far ahead so your athletes can double.
- * The performance list was sent via e-mail. No stickers or cards are needed Enjoy your day to just coach.
- * The check-in area will be on the football field, under the field goal post.

* All warm-ups can take place around our campus. Stay off the infield/throwing fields. The softball field is a good place to warm-up.

- * Coaches are <u>encouraged</u> to be on the infield and cheer on their kids Give the officials their space. No athletes though!
- * In the field events, the Top 6 return to the finals.
- * Medals go to the top 5 in every event. We will package your medals throughout the meet. You can pick these up at the end of the meet from the press box in the bleachers.
- * Batons will be provided.
- * Event Rule: ANY THREE EVENTS; Frosh may not run in sophomore events.
- * Opening Heights: Varsity Girls PV 6'-0", Frosh Boys PV 7'-0" Varsity Boys PV 9'-0" After the Varsity Girls Pole Vault, we will run the Frosh Boys PV separately. After the frosh are done, we will start a Varsity Boys PV with a 9'-0 opening height. Boys HJ 5'-0" Girls HJ 4'-2"

* THROWING EVENT MINIMUM MEASURES

We have a huge entry in the throwing events and want to be able to move things along. So we will have to institute minimum measures. Each thrower in the following events will get 1 legal mark and then must hit a minimum to get a measure. There are no minimums in the frosh or soph field events, or jumping events.

Varsity Boys Discus - 70'Varsity Girls Discus - 50'Varsity Boys Javelin - 70'Varsity Girls Javelin - 50'Varsity Boys Shot Put - 30'Varsity Girls Shot - 20'

* PLAQUES

The following athletes will be presented with plaques for winning events:

- * All Championship (4x1, 4x8, SMR) award winners 1 for each athlete & a plaque for the school
- * All individual varsity event winners 1 per athlete
- * All varsity relay winners 1 plaque for the school only
- * All frosh/soph relay winners 1 plaque for the school only

We will keep athletes/relays near the finish line if we think they won an event and will bring them to get their photo taken in front of the Big Blue backdrop.

- * Check out our milesplit page Pictures & Videos to be posted!
- * Mark your calendar 20th Edition April 13, 2019! A two day meet with a few Varsity events Friday under the lights!

We thank you for your entry into our meet. Best of luck to you and your athletes – in this meet and throughout the season!



19th Edition - Saturday April 21, 2018 <u>RUNNING EVENTS</u> - TENTATIVE TIME SCHEDULE

- A final schedule will be sent via e-mail based on actual entries
- 10:00 Frosh Girls SMR (400-200-200-800)
- 10:20 Frosh Boys SMR (400-200-200-800)
- 10:40 Soph Girls 4x800
- 10:55 Soph Boys 4x800
- 11:10 Frosh Girls 4x200
- 11:25 Frosh Boys 4x200
- 11:40 Soph Girls 4x400
- 11:55 Soph Boys 4x400
- 12:10 Varsity Girls 3,000 Meter Run (*Top 15 entries only*)
- 12:25 Varsity Girls 400 Hurdles
- 12:40 Varsity Boys 400 Intermediate Hurdles
- 12:55 Varsity Girls 4x100 Final on Time
- 1:10 Varsity Boys 4x100 *Final on Time*
- 1:25 Invitational Girls 800 Meter Run
- 1:30 Invitational Boys 800 Meter Run
- 1:35 Girls Championship 4x800 Relay
- 1:55 Boys Championship 4x800 Relay
- 2:15 Varsity Boys 3,000 Meter Steeplechase (Top 15 entries only)
- 2:30 Soph Boys 2,000 Meter Steeplechase
- 2:40 Frosh Boys 2,000 Meter Steeplechase
- 2:50 Varsity Girls 2,000 Meter Steeplechase
- 3:00 Varsity Girls DMR (1200-400-800-1600)
- 3:20 Varsity Boys DMR (1200-400-800-1600)
- 3:40 Varsity Boys Shuttle Hurdle Relay (3 man)
- 3:50 Varsity Girls 100 Meter Hurdles *Final on Time*
- 4:05 Girls Championship SMR (400-200-200-800)
- 4:25 Boys Championship SMR (400-200-200-800)
- 4:45 Frosh Girls 4x400
- 4:55 Frosh Boys 4x400
- 5:05 Varsity Girls 4x400
- 5:20 Varsity Boys 4x400

FIELD EVENTS – TIME SCHEDULE

10:00 AM Frosh Boys 8 lb Shot Put followed by Girls Varsity Shot (Circle #1)

- 10:00 AM Soph Boys Shot followed by Boys Varsity Shot (Circle #2)
- 10:00 AM Boys Varsity Javelin (Girls to Follow)
- 10:00 AM Girls Varsity Discus (Boys to Follow)
- 10:00 AM Girls Varsity Pole Vault (Boys to Follow) Frosh Boys Pole Vault – Frosh will vault with varsity, Medal separately
- 10:00 AM Girls Varsity Long Jump (TJ to follow) Pit #1
- 10:00 AM Boys Varsity Long Jump (TJ to follow) Pit #2

Frosh Boys Long Jump – Frosh will jump with varsity, Medal separately

10:00 AM Girls Varsity High Jump (Boys to Follow)