

# HIGH SCHOOL MEET #1 – Saturday, January 14, 2006

## MEET EVENT SCHEDULE

*\*Times in ( ) are approximate. We will run ahead of schedule whenever possible.*

11:00 AM	FIELDHOUSE OPEN
12:00 PM (1:00) (3:00)	WEIGHT THROW (GIRLS AND BOYS) <i>4 throws</i> FOLLOWED BY SHOT PUT (BOTH GIRLS AND BOYS) <i>4 throws</i> FOLLOWED BY HIGH JUMP (BOTH GIRLS AND BOYS)
12:30 PM (2:30)	LONG JUMP (BOYS THEN GIRLS) <i>4 jumps</i> TRIPLE JUMP (BOTH BOYS AND GIRLS) <i>4 jumps</i>
1:10 PM	POLE VAULT (GIRLS THEN BOYS)

1:00PM	NATIONAL ANTHEM
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1:10PM	4 x 200m RELAY	(GIRLS THEN BOYS)
(1:25)	55m HURDLES (prelims)	(GIRLS THEN BOYS) <i>top 14 to final</i>
(1:45)	55m DASH (prelims)	(GIRLS THEN BOYS) <i>top 16 to final</i>
(2:05)	4 x 800m RELAY	(GIRLS THEN BOYS)
(2:35)	55m HURDLES (finals)	<b>(BOYS THEN GIRLS)</b>
(2:45)	55m DASH (finals)	(GIRLS THEN BOYS)
(2:55)	1600m RUN	(GIRLS THEN BOYS)
(3:20)	400m DASH	(GIRLS THEN BOYS)
(3:45)	800m RUN	(GIRLS THEN BOYS)
(4:10)	200m DASH	(GIRLS THEN BOYS)
(4:40)	3200m RUN	(GIRLS THEN BOYS)
(5:10)	4 x 400m RELAY	(GIRLS THEN BOYS)
(5:30)	APPROXIMATE MEET CONCLUSION	

- Coaches should pay their entry fee upon arrival at the clerk's desk. You will receive your heat sheets at that time.
- Please do not enter the infield area with spikes on – except for the high jump apron. There is a grey carpeted area by the finish line that will serve as the "spike removal area." Athletes will be expected to remove their spikes after each race in order to leave the area. Pole vaulters must stay on the black floor covers.
- WE WILL BE VERY STRICT ON THIS RULE!!!!** Spikes longer than 3/16" pyramids are not permitted. 1/4" spikes are allowed only on a shoe with a recessed sole. The clerk will be checking spike length just before the races. If your athlete is in violation of this rule, he/she will not be allowed to participate (if your athlete has shoes with a permanent spike plate and the spikes are greater than 1/8", they will **not** be allowed to use them). Spikes will be available for purchase at the clerk's table.
- All athletes in running events or relay teams should check in at the clerk's table to receive a hip number. The clerk's table is located by the scorers table on the stage.
- Except where indicated, events will be conducted as heats against time.
- If there are large amounts of heats in the 200m dash your athletes in that event will be expected to re-declare 30 minutes prior to the event.
- Heats will be run slow to fast.
- Heat and lane assignments will be determined after the scratch session has ended and will be posted.
- Results will be posted at the conclusion of each event.
- Absolutely no entries after 1:00pm on the day of the meet.
- Jumping surfaces are the same as the track surface (Mondo Super X).
- Throwing surface will be wood.
- Weight throw – bags only! Weight will be thrown from cage. There will be 1 "house" weight implement for use. Participants are encouraged to bring their own equipment.
- Implement weigh-in room - at the south end of the fieldhouse, right side.
- OHSAA/NFHS rules will be used to govern all competition.