

# HIGH SCHOOL MEET #3 – Saturday, February 25, 2006

## MEET EVENT SCHEDULE

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

7:30 AM	FIELDHOUSE OPENS
9:00 AM (10:30) (12:30)	SHOT PUT (BOTH GIRLS AND BOYS) <i>4 throws</i> FOLLOWED BY HIGH JUMP (BOTH GIRLS AND BOYS) FOLLOWED BY WEIGHT THROW (GIRLS AND BOYS) <i>4 throws</i>
9:30 AM (12:00)	LONG JUMP (BOYS THEN GIRLS) <i>4 jumps</i> TRIPLE JUMP (BOTH BOYS AND GIRLS) <i>4 jumps</i>
9:45 AM	POLE VAULT (GIRLS THEN BOYS)

9:30AM	<b>NATIONAL ANTHEM</b>
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9:40PM	4 x 200m RELAY	(GIRLS THEN BOYS)
(9:55)	55m HURDLES (prelims)	(GIRLS THEN BOYS) <i>top 14 to final</i>
(10:15)	55m DASH (prelims)	(GIRLS THEN BOYS) <i>top 16 to final</i>
(10:35)	4 x 800m RELAY	(GIRLS THEN BOYS)
(11:05)	55m HURDLES ( <b>finals</b> )	<b>(BOYS THEN GIRLS)</b>
(11:15)	55m DASH ( <b>finals</b> )	(GIRLS THEN BOYS)
(11:25)	1600m RUN	(GIRLS THEN BOYS)
(11:50)	400m DASH	(GIRLS THEN BOYS)
(12:15)	800m RUN	(GIRLS THEN BOYS)
(12:40)	200m DASH	(GIRLS THEN BOYS)
(1:10)	3200m RUN	(GIRLS THEN BOYS)
(1:30)	4 x 400m RELAY	(GIRLS THEN BOYS)
(1:50)	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 "spike removal area." Athletes will be expected to remove their spikes after each race in order to leave the area. black floor covers.
- WE WILL BE VERY STRICT ON THIS RULE!!!!** Spikes longer than 3/16" pyramids are not permitted. 1/4" spikes are a recessed sole. The clerk will be checking spike length just before the races. If your athlete is in violation of this rule participate (if your athlete has shoes with a permanent spike plate and the spikes are greater than 1/8", they will **not** 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 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 mi
- 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 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.