

RUNNING EVENTS

10:30 100 Meter Hurdles – Girls

10:40 110 Meter Hurdles – Boys

10:55 100 Meter Dash – Girls

11:15 100 Meter Dash – Boys

11:35 1600 Meter Run – Girls

11:50 1600 Meter Run – Boys

12:10 400 Meter Relay – Girls

12:20 400 Meter Relay – Boys

12:30 400 Meter Dash – Girls

12:50 400 Meter Dash – Boys

1:30 300 Meter Hurdles – Girls

1:40 300 Meter Hurdles – Boys

1:50 800 Meter Run – Girls

2:10 800 Meter Run – Boys

2:40 200 Meter Dash - Girls

3:00 200 Meter Dash – Boys

3:20 3200 Meter Run – Girls

FIELD EVENTS

10:00 – 11:30 Javelin – Boys

Discus – Girls

Pole Vault- Girls

Long Jump – Boys

11:30 – 1:00 Discus – Boys

Shot Put – Girls

High Jump – Boys

Triple Jump–Girls

1:00 – 2:30 Shot Put – Boys

Long Jump – Girls

Pole Vault – Boys

Javelin –Girls

2:30 – 4:00 Triple Jump–Boys

High Jump – Girls

3:40 3200 Meter Run – Boys

4:00 1600 Meter Relay – Girls

4:15 1600 Meter Relay – Boys

Coaches will have a scratch meeting at 9:30. Please have all scratches ready then so our heats will be full

GENERAL RULES

Please wear 1/8 pyramid spikes on all running & jumping surfaces. No spikes in bleachers or restrooms.

There will be 4 jumps and 4 throws in the appropriate events. Min. distances will be established in Javelin & Discus.

Boys high jump will start at 5' and Girls high jump at 4'.

All running events will be finals against time.

All athletes must follow the uniform code of the MHSA. No hats in events. No jewelry, etc.

Facilities – You may use the restrooms in the stadium.

Awards – The top three placers will receive medals and 4th, 5th, & 6th places will receive ribbons.

Concessions will be available at the meet.

No “camps” on the football field.

Implements used only on upper football field in their respective areas.

Cell phones, iPods, and other electronic devices will be used only in the grandstands.