

## **START TIMES and ORDER of EVENTS**

Events/Order: (We will begin the meet with field events (order listed below) and 8th grade trials at 9:30 a.m. and 400 relay trials will begin at 11:00 a.m. with 1600 run to immediately follow)

FALSE STARTS – If an athlete false starts, they will be allowed back into the race. A second false start by the same athlete will be a disqualification.

### **9:30 a.m.**

100 Trials – **7<sup>th</sup> grade GIRLS ONLY, followed by 8th grade both genders G/B** – (9:30 a.m.) (Top 10 to finals)

100 Hurdle Trials – 8th grade G/B – (9:40 a.m.) (Top 10 to finals)

200 Trials – 8th grade G/B – (10:00 a.m.) (Top 10 to finals)

### **11:00 a.m.**

400 Relay Trials – 11:00 a.m. and then continuous flow, beginning with the 1600 Run. (Top 10 to finals in 400 Relay)

Race order will continue with girls first (6th followed by 7th then 8th), boys follow in same order, by grade.

1600 Run – Will follow continuously after the 400 relay trials.

100 Hurdle Finals

100 Finals

800 relay finals

400 Dash

400 relay finals

800 Run

200 Dash Finals

1600 Relay

**Field Events** - 4 attempts for each athlete. Field events are finals.

For the jumps and throws – Athletes will/must take one attempt each time their name is called, in seeded order. (This replaces any previous information) If you are present and/or you are not checked out of the event, you must make an attempt. If you pass any round that your name is called, that will be counted as a scratched attempt. The top seed will be jumping/throwing last, despite how any of the days performances are going.

**CHECK OUT** - When you check out of an event – you will be given 10 minutes to make yourself available once again for your attempt. Worry about yourself and/or your own athletes. We will worry about others. We will determine what is appropriate if someone is out of the ten minute range based on what they are in for other events and the time frame a respective young person is trying to manage. Don't waste your time trying to DQ another youth trying to navigate a busy day. We will determine things.

LONG JUMP, TRIPLE JUMP, HIGH JUMP and POLE VAULT

**You must have your steps measured before arriving. YOU CANNOT run backward up the runway to measure your steps.**

Use of chalk or markings in the grass are acceptable to mark steps but NO TAPE.

If a field athlete is going to be leaving for a running event – they will be required to take two attempts if they are on their first or second rotation.

You will have 20 minutes between genders in the field events and 10 minutes between each gender's grade division.

**Long Jump** – Boys followed by Girls.

Boys 6th to completion – Begins at 9:30 a.m.

Boys 8th to completion

Boys 7th to completion

Girls will follow 7th grade boys 20 minutes after completion of the boy's competition.

Girls Order – 6th, 8th then 7th

**Shot Put** – Boys followed by Girls. **Boys 7/8 – 8 pound, Boys 6 – 6 pound, Girls – 6 pound.**

Boys 8th to completion – Begins at 9:30 a.m.

Boys 6th to completion

Boys 7th to completion

Girls will follow 7th grade boys 20 minutes after completion of the boy's competition.

Girls Order – 8th, 6th then 7th

**Pole Vault** – Boys to completion beginning at 9:30 a.m. - followed by Girls.

**Starting Height** - will be 7' for boy's and 5'6" for girls.

**Triple Jump** – Girls followed by Boys.

Girls 6th to completion – Begins at 9:30 a.m.

Girls 8th to completion

Girls 7th to completion

Boys will follow 6th grade girls 20 minutes after completion of the girl's competition.

Boys Order – 6th, 8th then 7th

**Discus** – Girls followed by Boys.

Girls 8th to completion – Begins at 9:30 a.m.

Girls 6th to completion

Girls 7th to completion

Boys will follow 7th grade girls 20 minutes after completion of the girl's competition.

Boys Order – 8th, 6th then 7th

**High Jump** – We plan to run two high jump pits.

**Starting Height** – Girl's 6th – 3'8", Girls 7th – 4'4", Girls 8th – 4'6" / Boys 6th – 3'8", Boys 7th – 4'8",  
Boys 8th – 5'

7th boys and girls will begin the high jump – Begins at 9:30

6th boys and girls – 10 minutes after the completion of 7th grade / respective gender

8th boys and girls – 10 minutes after the completion of 6th grade / respective gender