

# 5th Annual Linden Eagles Post a PR Open

Thursday, May 22, 2025  
Claude Cranston Field  
Linden High School  
7201 W. Silver Lake Rd  
Linden, MI 48451



## About this event

We are excited to present an event unlike your typical high school track meet. This meet will blend competitive spirit with entertainment and fun to the final weeks of your season. Geared toward the majority of athletes that make up our teams, this meet is for the kids who work extremely hard, but might not have qualified for the state finals. This allows any athlete to have one last chance to PR in an event when they are likely at their best.

To allow for both a fun and efficient meet there are some tweaks we have decided to make.

- **No relays** - while it is possible to have a relay PR, we decided the focus of this meet is on individual events. We don't want coaches to have to worry about filling relay spots that might tire an athlete out for the event they are trying to reach a PR in.
- **Lower event entry limits** - We did not want to limit athletes like a typical invitational, so in order to keep competitor numbers under control we are instead going to limit the number of events any one athlete can compete in to **3 total events**. This allows athletes to be fresh for each event they compete in for a great chance at a PR. Entering athletes into LESS than 3 events is encouraged!

## Schedule of events

- |         |   |
|---------|---|
| 3:00 PM | Early Bird Throwing flights - We will accept the first 12 Boys discus throwers and 12 girls shot putters in this optional flight. This will reduce numbers and increase efficiency in later flights.  |
| 3:30 PM | Boys' Pole Vault Begins (Girls' vault begins 30 min after Boys conclude.)<br>Girls' Shot Put - 4 attempts – NO FINALS (Boys to follow)<br>Boys' Discus – 4 attempts – NO FINALS (Girls to follow)<br>Boys and Girls' Long Jump 4 attempts – NO FINALS (3:30 pm-5:30 pm)<br>Girls' High Jump (Boys' begin 30 min after Girls conclude) |
| 4:30 PM | Running events begin following schedule below.  |

### **Pole Vault**

Starting Heights - Girls: 6'2" Boys: 8'2" - bar will be raised 6 inches each raise. We will use these unconventional heights to give athletes a chance to go a couple inches higher than their previous best without as big of a jump! The following raise chart will be followed:

	Starting Height	1st Raise	2nd Raise	3rd Raise	4th Raise	5th Raise	6th Raise
<b>Boys</b>	8'2"	8'8"	9'2"	9'8"	10'2"	10'8"	11'2"
<b>Girls</b>	6'2"	6'8"	7'2"	7'8"	8'2"	8'8"	9'2"

### **High Jump -**

Starting Heights - Girls: 4'1" Boys: 5'1" - bar will be raised 2 inches each raise. We will use these unconventional heights to give athletes a chance to go 1 inch further than their previous best without as big of a jump! The following raise chart will be followed:

	Starting Height	1st Raise	2nd Raise	3rd Raise	4th Raise	5th Raise	6th Raise
<b>Boys</b>	5'1"	5'3"	5'5"	5'7"	5'9"	5'11"	6'1"
<b>Girls</b>	4'1"	4'3"	4'5"	4'7"	4'9"	4'11"	5'1"

NOTE: Meet administrator reserves the right to adjust heights is necessary (Weather, number of competitors, etc.)

**Running Events @ 4:30 All timed finals (Girls run first in odd yrs, boys first in even yrs)**

#### **OPEN 2000m Steeplechase (description below)**

100/110m hurdles

100m dash

#### **Elimination Mile - 1 entry per team (description below)**

1600m

400m

300m hurdles

800m run

200m dash

3200m run

#### **OPEN 400 relay (description below)**

### **Special event descriptions:**

**OPEN 2000m Steeplechase:** ANYONE can try this event (Coach, HS athletes, Parents, etc.) This will not be a certified steeplechase. We will use hurdles in place of steeple barriers and there will not be a true water jump. But if you ever wanted your high school athletes to get a taste of one of the most exciting events in track and field, this is your opportunity! Race will use 30" hurdles (lowest setting). They will be placed 4 lanes wide at each of the 5 jump locations. We will determine whether to run 2 heats (boys and girls) or combined based on the number of participants.

**Elimination Mile:** Each team may enter one athlete to battle it out in this event of both speed and strategy! Depending on the number of competitors, runners will be eliminated each lap in order to end up with 3 athletes to compete for victory on the final lap. All spectators and athletes will be encouraged to come down onto the track homestretch area to cheer on the competitors!

Watch this for reference: <https://www.youtube.com/watch?v=qZ5YC-EeOSU>

**OPEN 400 relay:** Construct your dream team made up of coaches, sprinters, jumpers, or throwers. Put them in any order you would like. Here are 2 more twists: 1. Each of the 4 runners can run ANY distance they want, as long as the whole relay covers 400 meters. 2. You can use anything you choose for your baton as long as it does not interfere with other teams (leaves your lane), or is a danger to the competitors.

**Team Entry Fee:** \$100 per team. Boys' and Girls' teams are considered separate teams for this meet. (\$200 per school if B/G are attending)

**Checks payable to:** Linden Athletic Boosters

**Mail to:** Linden HS Athletics, 7201 W. Silver Lake Rd, Linden, MI 48451

**Entry Deadline:** Entries by Wednesday May 21st @ 9:00pm on [www.athletic.net](http://www.athletic.net)

**Awards:** Medals to top six in each event (**no medals for special events**)

NO team scoring.

**Spectators:** \$5 entry fee

### **Questions**

Ben Cox, Director of Track and Field

[bcox@lindenschools.org](mailto:bcox@lindenschools.org)

**2025 Linden Post A PR Open Contract**  
**Thursday, May 22, 2025**

The following teams from \_\_\_\_\_(school name) plan to attend the Linden Post a PR Open.

- ☐ Both Boys & Girls (\$200)
- ☐ Boys only (\$100)
- ☐ Girls only (\$100)

**Entries**

**Entries Due: Wednesday, May 21, 2025 by 9:00 P.M.**

Entries will be done online at athletic.net.

**Coaches:** Please enter your athletes into the race in which they have already competed in this season so they can achieve a true PR!

**There is no registration for the "Special Events".**

**Entry Fees:**

High School:	\$200.00 for both genders
	\$100.00 for either a boys' or a girls' team
	\$10.00 per individual (for incomplete teams)

School: \_\_\_\_\_

School Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Boys' Coach: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Girls' Coach: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please complete form and send to:**

**Athletic Director, Pete Gleason [pgleason@lindenschools.org](mailto:pgleason@lindenschools.org) OR**  
**Athletic Secretary Rosa Spannagel - [rspannagel@lindenschools.org](mailto:rspannagel@lindenschools.org)**

**Fax: (810) 591-8116**

**Checks payable to: Linden Athletic Boosters**

**Mail to: Linden HS Athletics, 7201 W. Silver Lake Rd, Linden, MI 48451**