

SCHEDULE:

2:45 Coaches Meeting

3:00 All known scratches in

3:30 Field events

3:30 4x800 relay

Break after 4x2 for dinner; 1600 at 6:00

Meet finishes around 9:00.

Format is seeded heats of everything, fastest heats last, no prelims, with FAT for laned races at minimum. Two heats for each gender of 800 and 1600, and one for each gender in the 3200.

SCORING:

Individual events: The top eight (8) finishers will place, scoring as 10-8-6-5-4-3-2-1.

Relay events: The top eight (8) relays will place based on times, scoring as 10-8-6-5-4-3-2-1.

Medals will be awarded to the top three finishers in all individual and relay events, and championship and runners-up team trophies will be awarded to the top two men's and women's teams.

FIELD EVENTS: STARTING TIME IS 3:30.

Shot and discus will be run in flights with the higher seeds competing in the later flights. Throwers will be given four (4) attempts, 2 and 2, with no finals. Please have throwers weigh in their implements as soon as you get to the track; weigh-in is located in back of the stands.

Long jump Jumping by gender for approximately two hours per gender, 4 jumps, no finals; MODIFIED OPEN PIT boys 3:30-5:30 girls 6:00-8:00 (sooner if possible)

High jump will be conducted for boys and girls **simultaneously on separate pits**, both starting at 3:30. Tentative starting heights are 4'4" for girls and 5'4" for boys. **(2 entries for each gender unless all three meet the 4'6"/5'6" exception)**

Pole vault Tentative starting heights are 7' for girls and 10' for boys. Coaches, please sign in your vaulters and initial that they are using a legal pole for their weight. Odd year = boyie first.

(only 2 entries for each gender unless all 3 meet the 7'6"/10'6" exception)

COACHES: In general, we don't mind coaches on the infield or around field events; just stay outside the roped-off areas. Feel free to help set hurdles! Dinner will be available in the track storage room around 5:30

Individual entry fee is \$5, ages Kindergarten-62

A concessions stand and bathrooms will be available.

Meet T-shirts will be on sale: \$15 short sleeve.

Athletes: Limited locker room facilities are available, but we suggest you change before you get here.

PARTICIPATING TEAMS:

Columbia Central	Hanover-Horton	Lansing Waverly
Chelsea	Haslett	Mason
Corunna	Hillsdale Academy	Parma Western
Eaton Rapids	Holt	South Lyon
Fenton	Lumen Christi	
Fowlerville	Lansing Catholic	

ENTRIES: Using Athletic.net, each team may enter **three** athletes in each event **except for PV and HJ—limit is 2 entries, save the following exception : HJ/PV:** you may enter a third athlete in HJ/PV only if all 3 of your entries have met the following criteria: HJ 4'6" / 5'6" PV 7'6" / 10'6".

Each athlete may be entered in as many as four individual events. On the day of the meet, scratches can obviously be made.

All entries must be in by 10:00 am on Friday, April 25.

SUBSTITUTIONS: Have your alternate report as the original athlete; we might attempt to make the changes in the computer. Athletes may be scratched out of individual events and substituted in relays.

Thrower's 400 relay will be run as the last event of the meet, not a scored event, but medals to top 3 teams.

Problems/Questions?

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