



|                           |     |     |     |     |     |     |     |    |
|---------------------------|-----|-----|-----|-----|-----|-----|-----|----|
| Team Points               | 7   | 5   | 4   | 3   | 2   | 1   | 0   | 0  |
| Qualify to League Finals? |     |     |     |     |     |     |     |    |
| A                         | YES | YES | YES | YES | NO  | NO  | NO  | NO |
| AA                        | YES | YES | YES | YES | YES | NO  | NO  | NO |
| AAA                       | YES | YES | YES | YES | YES | YES | YES | NO |

**D. 200 Varsity**

|                           |                 |                 |                 |                 |                 |                 |                 |                 |
|---------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Place                     | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> |
| Award Ribbon?             | YES             | YES             | YES             | YES             | YES             | YES             | YES             | YES             |
| Team Points               | 7               | 5               | 4               | 3               | 2               | 1               | 0               | 0               |
| Qualify to League Finals? |                 |                 |                 |                 |                 |                 |                 |                 |
| A                         | YES             | YES             | YES             | YES             | YES             | NO              | NO              | NO              |
| AA                        | YES             | YES             | YES             | YES             | YES             | NO              | NO              | NO              |
| AAA                       | YES             | YES             | YES             | YES             | YES             | YES             | NO              | NO              |

**E. 200 JV**

|                           |                 |                 |                 |                 |                 |                 |                 |                 |
|---------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Place                     | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> |
| Award Ribbon?             | YES             | YES             | YES             | YES             | YES             | YES             | YES             | YES             |
| Team Points               | 7               | 5               | 4               | 3               | 2               | 1               | 0               | 0               |
| Qualify to League Finals? |                 |                 |                 |                 |                 |                 |                 |                 |
| A                         | YES             | YES             | YES             | NO              | NO              | NO              | NO              | NO              |
| AA                        | YES             | YES             | YES             | YES             | NO              | NO              | NO              | NO              |
| AAA                       | YES             | YES             | YES             | YES             | YES             | YES             | NO              | NO              |

**F. 4x100 Major; 4 x 200 Relays**

|                           |                       |                       |                       |                       |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <b>Place</b>              | <b>1<sup>st</sup></b> | <b>2<sup>nd</sup></b> | <b>3<sup>rd</sup></b> | <b>4<sup>th</sup></b> |
| Award Ribbon?             | YES                   | YES                   | YES                   | YES                   |
| Team Points               | 7                     | 5                     | 4                     | 3                     |
| Qualify to League Finals? |                       |                       |                       |                       |
| A                         | YES                   | YES                   | NO                    | NO                    |
| AA                        | YES                   | YES                   | NO                    | NO                    |
| AAA                       | YES                   | YES                   | YES                   | YES                   |

**G. 4x100 Minor Relay; 800Medley**

|                           |                       |                       |                       |                       |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <b>Place</b>              | <b>1<sup>st</sup></b> | <b>2<sup>nd</sup></b> | <b>3<sup>rd</sup></b> | <b>4<sup>th</sup></b> |
| Award Ribbon?             | YES                   | YES                   | YES                   | YES                   |
| Team Points               | 4                     | 3                     | 2                     | 1                     |
| Qualify to League Finals? |                       |                       |                       |                       |
| A                         | YES                   | YES                   | NO                    | NO                    |
| AA                        | YES                   | YES                   | YES                   | NO                    |
| AAA                       | YES                   | YES                   | YES                   | NO                    |

**H. High Jump:**

|                           |                 |                 |                 |                 |                 |                 |                 |                 |
|---------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Place                     | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> |
| Award Ribbon?             | YES             | YES             | YES             | YES             | YES             | YES             | YES             | YES             |
| Team Points               | 7               | 5               | 4               | 3               | 2               | 1               | 0               | 0               |
| Qualify to League Finals? |                 |                 |                 |                 |                 |                 |                 |                 |
| A                         | YES             | YES             | YES             | YES             | NO              | NO              | NO              | NO              |
| AA                        | YES             | YES             | YES             | YES             | NO              | NO              | NO              | NO              |
| AAA                       | YES             | YES             | YES             | YES             | YES             | NO              | NO              | NO              |

**I. Field Events except High Jump:**

| Place                    | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> | 10 <sup>th</sup> | 11 <sup>th</sup> | 12 <sup>th</sup> |
|--------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| Award Ribbon?            | YES             | YES             | YES             | YES             | YES             | YES             | YES             | YES             | AAA Only        | AAA Only         | AAA Only         | AAA Only         |
| Team Points              | 7               | 5               | 4               | 3               | 2               | 1               | 0               | 0               | 0               | 0                | 0                | 0                |
| Qualify to League Finals |                 |                 |                 |                 |                 |                 |                 |                 |                 |                  |                  |                  |
| A                        | YES             | YES             | YES             | YES             | YES             | YES             | NO              | NO              | NO              | NO               | NO               | NO               |
| AA                       | YES             | YES             | YES             | YES             | YES             | YES             | NO              | NO              | NO              | NO               | NO               | NO               |
| AAA                      | YES             | YES             | YES             | YES             | YES             | YES             | YES             | YES             | NO              | NO               | NO               | NO               |

**C. Individual Awards (Ribbons) Colors. 1<sup>st</sup>= BLUE; All other qualifiers=RED; All non-qualifiers=WHITE.**

**D. Team Awards.** Team awards are earned based on point totals.

1. For team awards only, league schools will be divided, prior to the the start of the season, into three (3) divisions: Division A, Division AA and Division AAA. The manner in which schools are divided will be based on a combination of three factors: size of school enrollment and results from the previous year's championship meet.
2. For each Division : Banners awarded to first place in each of 4 groups.  
 JV Boys = Gr. 5,6 Varsity Boys = Gr. 7,8  
 JV Girls = Gr. 5,6 Varsity Girls = Gr. 7,8  
 These are retained permanently. Second and third place plaques are awarded in each division.
3. Gerdeman traveling-trophy is awarded to school scoring most overall points of the qualifying meets.

**E. Relays.** Instruct and escort both levels simultaneously. Relay judges must have Lane Assignment & Event Procedure. Lane assignments cannot be changed for any relay, to ensure identical assignments at all exchange-zones.

**F. High Jump.**

1. Starting height will be same at each qualifying meet. This is usually two (2) inches less than last height cleared by 4<sup>th</sup> place jumper in current season's 1<sup>st</sup> two meets.
2. Succeeding height changes: After starting height is cleared, the cross-bar will be raised at two (2) inch intervals until four (4) or fewer jumpers remain; then the bar is raised at one (1) inch intervals.
3. "Passing" at lower heights is encouraged as it saves jumper energy, speeds the event, and is a tie-breaker.

**G. Guidelines for Lane Assignments and Heat Assignments.**

1. Do not assign 2 from same team to same PRELIM heat.

2. Quantity of runners, per heat, will be equal as possible.
  3. Avoid assigning same uniform-color to adjacent lanes.
  4. Lane Assignment Form is to be given to Assistant Starter, Staging Director, and Lanes/Relay Judges.
  5. Identical lane assignment to both grades for specific event & level contested; i.e., Grade 6 Boys would be assigned to same lane as Gr. 5 Boys, for 75-m Dash. Event instructions are thus given once for that event.
- H. **Staging area.** A staging area with sufficient workers is an important contributor to efficient meet administration.
- I. **Meet Information Letter.** A meet information letter will be sent to participating schools no later than two (2) weeks prior to qualifying meet, to include track location, meet worker assignments. To avoid error & confusion, the meet information letter will not include information on events, calling order, or events procedure, topics that are described in this Events Committee document.
- J. **Meet Results.**
1. Results of both qualifying meets must be sent to all SPL member schools, by the host school.
  2. Get results to Events Committee chairperson within 1-2 days after the qualifying meet.
  3. Each coach has responsibility to verify accuracy: School name, first and last name of each qualifier and the event. Advise discrepancies to championship meet host school at least 3 days prior to the championship meet.
- K. **Advancing to Championship Meet.** In order to be eligible for the Championship Meet in a running event, athletes must complete the finals for that event. Advancing to the finals is not sufficient.

B-5

Meet Administration

(02-11-10)

MORNING SESSION 1:  
8:00 am

Information Packets are available from 7:45 am to

Coaches Meeting at 8:00 am.  
All field events start at 8:15 am.  
Running Events start at 8:30 am.

JUNIOR VARSITY (Grades 5,6)

GIRLS - FIELD EVENTS

| Event                       | SEQ | Special Instructions           |
|-----------------------------|-----|--------------------------------|
| <b>LONG JUMP</b>            | 5,6 | Each school allowed 4 entries. |
| <b>HOP, STEP &amp; JUMP</b> | 6,5 | Each school allowed 4 entries. |
| <b>SHOT PUT (6 lbs)</b>     | 6,5 | Each school allowed 4 entries. |
| <b>HIGH JUMP</b>            | 5,6 | Each school allowed 2 entries. |
| <b>JAVELIN</b>              | 5,6 | Each school allowed 4 entries. |

BOYS - RUNNING EVENTS

| Event  | SEQ | Special Instructions   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|--|-----|--|----|----|----|----|----|----|----|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>75-m. Dash <u>PRELIM</u></b>  | 5,6 | # Of runners per heat depends upon total (each school allowed 2)   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Total Runners:<br>Heat:<br><br>Qualifiers<br>... run in<br>Today's FINAL |     | <table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>A</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>B</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>C</td> <td>2</td> <td>2</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table> |    | 18 | 17 | 16 | 15 | 14 | 13 | 12 | A | 6 | 6 | 8 | 8 | 7 | 7 | 6 | B | 6 | 6 | 8 | 7 | 7 | 6 | 6 | C | 6 | 5 | - | - | - | - | - | A | 3 | 3 | 4 | 4 | 4 | 4 | 4 | B | 3 | 3 | 4 | 4 | 4 | 4 | 4 | C | 2 | 2 | - | - | - | - | - |
|  |     | 18   | 17 | 16 | 15 | 14 | 13 | 12 |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | A   | 6  | 6  | 8  | 8  | 7  | 7  | 6  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | B   | 6  | 6  | 8  | 7  | 7  | 6  | 6  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | C   | 6  | 5  | -  | -  | -  | -  | -  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | A   | 3  | 3  | 4  | 4  | 4  | 4  | 4  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| B  | 3   | 3  | 4  | 4  | 4  | 4  | 4  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C  | 2   | 2  | -  | -  | -  | -  | -  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>600-m. Run</b>  | 5,6 | Set-up on 200-m start line. Stay in lane 1st curve only.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>100-m. Dash <u>PRELIM</u></b>   | 5,6 | Same as 75 PRELIMS above.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>800-m. Relay<br/>(4 x 200)</b>  | 5,6 | Normal 4-curve stagger-start. Stay in lane for entire race.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>400-m. Dash</b>   | 5,6 | All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>75-m. Dash <u>FINAL</u></b>   | 5,6 | Starter may pause meet here if Finals were run at PRELIM-time.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>200-m. Dash</b>   | 5,6 | Runners per lane depends on total (each school allowed 2). Run in one heat. Staging workers will place runners front/back/side with help of coaches. Stay in lane for entire race, except passing is permitted on straightaway if other runners are not impeded.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>100-m. Dash <u>FINAL</u></b>  | 5,6 | Starter may pause meet here if Finals were run at PRELIM-time.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>800-m. Run</b>  | 5,6 | Set-up for universal start.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>800-m Medley<br/>(1x1x2x4)</b>  | 5,6 | Normal 2 curve stagger-start. First three runners stay in their lane. Fourth runner can cut in as soon as they get baton.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

B-6

Meet Administration

(02-11-10)

|  |     |   |
|--|-----|---|
| <b>400-m Relay (Minor)<br/>(4 x 100)</b> | 5,6 | Normal 2-curve stagger-start. Stay in lane entire race. |
| <b>400-m Relay (Major)<br/>(4 x 100)</b> | 5,6 | Normal 2-curve stagger-start. Stay in lane entire race. |

B-7

Meet Administration

(02-11-10)

**MORNING SESSION 2: Session 2 cannot begin until all events in Session 1 are completed.**

JUNIOR VARSITY (Grades 5,6)

**BOYS - FIELD EVENTS**

| Event                       | SEQ | Special Instructions           |
|-----------------------------|-----|--------------------------------|
| <b>LONG JUMP</b>            | 5,6 | Each school allowed 4 entries. |
| <b>HOP, STEP &amp; JUMP</b> | 6,5 | Each school allowed 4 entries. |
| <b>SHOT PUT (6 lbs)</b>     | 6,5 | Each school allowed 4 entries. |
| <b>HIGH JUMP</b>            | 5,6 | Each school allowed 2 entries. |
| <b>JAVELIN</b>              | 5,6 | Each school allowed 4 entries. |

**GIRLS - RUNNING EVENTS**

| Event                                     | SEQ | Special Instructions  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|-----|---|----|----|----|----|----|----|----|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>75-m. Dash <u>PRELIM</u></b>           | 5,6 | # Of runners per heat depends upon total (each school allowed 2)  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Total Runners:<br>Heat:                   |     | <table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table> |    | 18 | 17 | 16 | 15 | 14 | 13 | 12 | A | 6 | 6 | 8 | 8 | 7 | 7 | 6 | B | 6 | 6 | 8 | 7 | 7 | 6 | 6 | C | 6 | 5 | - | - | - | - | - |
|   | 18  | 17  | 16 | 15 | 14 | 13 | 12 |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| A   | 6   | 6   | 8  | 8  | 7  | 7  | 6  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| B   | 6   | 6   | 8  | 7  | 7  | 6  | 6  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C   | 6   | 5   | -  | -  | -  | -  | -  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Qualifiers<br>... run in<br>Today's FINAL |     | <table border="1"> <tbody> <tr> <td>A</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>B</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>C</td> <td>2</td> <td>2</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>   | A  | 3  | 3  | 4  | 4  | 4  | 4  | 4  | B | 3 | 3 | 4 | 4 | 4 | 4 | 4 | C | 2 | 2 | - | - | - | - | - |   |   |   |   |   |   |   |   |
| A   | 3   | 3   | 4  | 4  | 4  | 4  | 4  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| B   | 3   | 3   | 4  | 4  | 4  | 4  | 4  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C   | 2   | 2   | -  | -  | -  | -  | -  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>600-m. Run</b>                         | 5,6 | Set-up on 200-m start line. Stay in lane 1st curve only.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>100-m. Dash <u>PRELIM</u></b>          | 5,6 | Same as 75 PRELIM above.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>800-m. Relay<br/>(4 x 200)</b>         | 5,6 | Normal 4-curve stagger-start. Stay in lane for entire race.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>400-m. Dash</b>                        | 5,6 | All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>75-m. Dash <u>FINAL</u></b>            | 5,6 | Starter may pause meet here if Finals ran at PRELIM-time.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>200-m. Dash</b>                        | 5,6 | Runners per lane depends on total (each school allowed 2). Run in one heat. Staging workers will place runners front/back/side with help of coaches. Stay in lane for entire race, except passing is permitted on straightaway if other runners are not impeded.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>100-m. Dash <u>FINAL</u></b>           | 5,6 | Starter may pause meet here if Finals were run at PRELIM-time.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>800-m. Run</b>                         | 5,6 | Set-up for universal start..  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>800-m Medley<br/>(1x1x2x4)</b>         | 5,6 | Normal 2 curve stagger-start. First three runners stay in their lane. Fourth runner can cut in as soon as they get baton.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>400-m Relay (Minor)<br/>(4 x 100)</b>  | 5,6 | Normal 2-curve stagger-start. Stay in lane entire race.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

B-8

Meet Administration

(02-11-10)

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|  |     |   |
|--|-----|---|
| <b>400-m Relay (Major)<br/>(4 x 100)</b> | 5,6 | Normal 2-curve stagger-start. Stay in lane entire race. |
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B-9

Meet Administration

(02-11-10)

AFTERNOON SESSION 1: START 15 minutes after JV but NOT BEFORE 12:00.

GIRLS - FIELD EVENTS

| Event                       | SEQ | Special Instructions           |
|-----------------------------|-----|--------------------------------|
| <b>LONG JUMP</b>            | 7,8 | Each school allowed 4 entries. |
| <b>HOP, STEP &amp; JUMP</b> | 8,7 | Each school allowed 4 entries. |
| <b>SHOT PUT (8 lbs)</b>     | 8,7 | Each school allowed 4 entries. |
| <b>HIGH JUMP</b>            | 7,8 | Each school allowed 2 entries. |
| <b>DISCUS</b>               | 7,8 | Each school allowed 4 entries. |

VARSITY (Grades 7,8)

| Event  | SEQ       | Special Instructions   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|--|-----------|--|----|----|----|----|----|----|----|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>Hurdles 75-m. PRELIM</b>  | Boys 7,8  | # Of runners per heat depends upon total (each school allowed 2)   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Total Runners:<br>Heat:<br><br>Qualifiers<br>... run in<br>Today's Final |           | <table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>A</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>B</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>C</td> <td>2</td> <td>2</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table> |    | 18 | 17 | 16 | 15 | 14 | 13 | 12 | A | 6 | 6 | 8 | 8 | 7 | 7 | 6 | B | 6 | 6 | 8 | 7 | 7 | 6 | 6 | C | 6 | 5 | - | - | - | - | - | A | 3 | 3 | 4 | 4 | 4 | 4 | 4 | B | 3 | 3 | 4 | 4 | 4 | 4 | 4 | C | 2 | 2 | - | - | - | - | - |
|  |           | 18   | 17 | 16 | 15 | 14 | 13 | 12 |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | A         | 6  | 6  | 8  | 8  | 7  | 7  | 6  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | B         | 6  | 6  | 8  | 7  | 7  | 6  | 6  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | C         | 6  | 5  | -  | -  | -  | -  | -  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | A         | 3  | 3  | 4  | 4  | 4  | 4  | 4  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| B  | 3         | 3  | 4  | 4  | 4  | 4  | 4  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C  | 2         | 2  | -  | -  | -  | -  | -  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  |           | Hurdles "set-up": 30-inches height.<br>- From start to #1 hurdle = 12.5 m.<br>- Between the six hurdles = 8.5 m.<br>- Last hurdle to finish line = approx. 19.5m.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Hurdles 75-m. FINAL</b>   | Boys 7, 8 | League Qualifying per applicable divisional standards<br>Final will begin 5 min. after the last prelim is run  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

BOYS - RUNNING EVENTS

| Event                     | SEQ | Special Instructions  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---------------------------|-----|---|----|----|----|----|----|----|----|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>200-m. Dash PRELIM</b> | 7,8 | # Of runners per heat depends upon total (each school allowed 2)  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Total Runners:<br>Heat:   |     | <table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table> |    | 18 | 17 | 16 | 15 | 14 | 13 | 12 | A | 6 | 6 | 8 | 8 | 7 | 7 | 6 | B | 6 | 6 | 8 | 7 | 7 | 6 | 6 | C | 6 | 5 | - | - | - | - | - |
|                           |     | 18  | 17 | 16 | 15 | 14 | 13 | 12 |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|                           | A   | 6   | 6  | 8  | 8  | 7  | 7  | 6  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|                           | B   | 6   | 6  | 8  | 7  | 7  | 6  | 6  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C                         | 6   | 5   | -  | -  | -  | -  | -  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|                           |     | The top four (4) runners in each heat qualify to run in today's final. Each coach will designate his two entries in this specific race as the "A" runner (faster runner) and "B" runner, so that  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

|   |             | the staging area can equitably distribute the faster and slower runners between heats.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|-------------|---|----|----|----|----|----|----|----|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>75-m. Dash <u>PRELIM</u></b>           | 7,8         | # Of runners per heat depends upon total (each school allowed 2)  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Total Runners:<br>Heat:                   |             | <table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table> |    | 18 | 17 | 16 | 15 | 14 | 13 | 12 | A | 6 | 6 | 8 | 8 | 7 | 7 | 6 | B | 6 | 6 | 8 | 7 | 7 | 6 | 6 | C | 6 | 5 | - | - | - | - | - |
|   | 18          | 17  | 16 | 15 | 14 | 13 | 12 |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| A   | 6           | 6   | 8  | 8  | 7  | 7  | 6  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| B   | 6           | 6   | 8  | 7  | 7  | 6  | 6  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C   | 6           | 5   | -  | -  | -  | -  | -  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Qualifiers<br>... run in<br>Today's FINAL |             | <table border="1"> <tbody> <tr> <td>A</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>B</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>C</td> <td>2</td> <td>2</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>   | A  | 3  | 3  | 4  | 4  | 4  | 4  | 4  | B | 3 | 3 | 4 | 4 | 4 | 4 | 4 | C | 2 | 2 | - | - | - | - | - |   |   |   |   |   |   |   |   |
| A   | 3           | 3   | 4  | 4  | 4  | 4  | 4  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| B   | 3           | 3   | 4  | 4  | 4  | 4  | 4  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C   | 2           | 2   | -  | -  | -  | -  | -  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>800-m. Run</b>                         | 7,8         | Set-up for universal start.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>100-m. Dash <u>PRELIM</u></b>          | 7,8         | Same as 75 PRELIM above.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>800-m. Relay (4 x 200)</b>             | 7,8         | Normal 4-curve stagger-start. Stay in lane for entire race.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>75-m. Dash <u>FINAL</u></b>            | 7,8         | Starter may pause meet here if Finals ran at PRELIM-time.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>200-m. Dash <u>FINAL</u></b>           | 7,8         | Normal 1-curve stagger-start. Stay in lane for entire race.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>400-m. Dash</b>                        | 7,8         | Normal 2-curve stagger-start. Stay in lane for entire race.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>100-m. Dash <u>FINAL</u></b>           | 7,8         | Starter may Pause meet here if Finals ran at PRELIM-time.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>1600-m. Run</b>                        | One<br>race | Set-up for universal start. Note: Runners from grade 7 & 8 combined into one race; will adequately identify participants by grade. Starter has authority to do separate races, when he/she believes quantity of runners or track conditions jeopardize safety.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>400-m Relay (Minor)<br/>(4 x 100)</b>  | 7,8         | Normal 2-curve stagger-start.<br>Stay in lane entire race.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>400-m Relay (Major)<br/>(4 x 100)</b>  | 7,8         | Normal 2-curve stagger-start.<br>Stay in lane entire race.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

B-11

Meet Administration

(02-11-10)

AFTERNOON SESSION 2: Cannot begin until all events in Session 1 are completed.

VARSIITY (Grades 7,8)

BOYS - FIELD EVENTS

| Event                       | SEQ | Special Instructions           |
|-----------------------------|-----|--------------------------------|
| <b>LONG JUMP</b>            | 7,8 | Each school allowed 4 entries. |
| <b>HOP, STEP &amp; JUMP</b> | 8,7 | Each school allowed 4 entries. |
| <b>SHOT PUT (8 lbs)</b>     | 8,7 | Each school allowed 4 entries. |
| <b>HIGH JUMP</b>            | 7,8 | Each school allowed 2 entries. |
| <b>DISCUS</b>               | 7,8 | Each school allowed 4 entries. |

GIRLS - RUNNING EVENTS

| Event  | SEQ        | Special Instructions   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|--|------------|--|----|----|----|----|----|----|----|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>Hurdles 75-m. PRELIM</b>  | Girls 7,8  | # Of runners per heat depends upon total (each school allowed 2)   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Total Runners:<br>Heat:<br><br>Qualifiers<br>... run in<br>Today's Final |            | <table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>A</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>B</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>C</td> <td>2</td> <td>2</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table> |    | 18 | 17 | 16 | 15 | 14 | 13 | 12 | A | 6 | 6 | 8 | 8 | 7 | 7 | 6 | B | 6 | 6 | 8 | 7 | 7 | 6 | 6 | C | 6 | 5 | - | - | - | - | - | A | 3 | 3 | 4 | 4 | 4 | 4 | 4 | B | 3 | 3 | 4 | 4 | 4 | 4 | 4 | C | 2 | 2 | - | - | - | - | - |
|  |            | 18   | 17 | 16 | 15 | 14 | 13 | 12 |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | A          | 6  | 6  | 8  | 8  | 7  | 7  | 6  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | B          | 6  | 6  | 8  | 7  | 7  | 6  | 6  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | C          | 6  | 5  | -  | -  | -  | -  | -  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  | A          | 3  | 3  | 4  | 4  | 4  | 4  | 4  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| B  | 3          | 3  | 4  | 4  | 4  | 4  | 4  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C  | 2          | 2  | -  | -  | -  | -  | -  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|  |            | Hurdles "set-up": 30-inches height.<br>- From start to #1 hurdle = 12.5 m.<br>- Between the six hurdles = 8.5 m.<br>- Last hurdle to finish line = approx. 19.5m.  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Hurdles 75-m. FINAL</b>   | Girls 7, 8 | League Qualifying per applicable divisional standards<br>Final will begin 5 min. after the last prelim is run  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

| Event                     | SEQ | Special Instructions  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---------------------------|-----|---|----|----|----|----|----|----|----|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>200-m. Dash PRELIM</b> | 7,8 | # Of runners per heat depends upon total (each school allowed 2)  |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Total Runners:<br>Heat:   |     | <table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table> |    | 18 | 17 | 16 | 15 | 14 | 13 | 12 | A | 6 | 6 | 8 | 8 | 7 | 7 | 6 | B | 6 | 6 | 8 | 7 | 7 | 6 | 6 | C | 6 | 5 | - | - | - | - | - |
|                           |     | 18  | 17 | 16 | 15 | 14 | 13 | 12 |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|                           | A   | 6   | 6  | 8  | 8  | 7  | 7  | 6  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|                           | B   | 6   | 6  | 8  | 7  | 7  | 6  | 6  |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| C                         | 6   | 5   | -  | -  | -  | -  | -  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|                           |     | The top four (4) runners in each heat qualify to run in today's final. Each coach will designate his two entries in this specific race as the "A" runner (faster runner) and "B" runner, so that the staging area can equitably distribute the faster and slower runners between heats.   |    |    |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

|  |          |  |
|--|----------|--|
| <b>75-m. Dash <u>PRELIM</u></b>  | 7,8      | # Of runners per heat depends upon total (each school allowed 2)   |
| Total Runners:<br>Heat:<br><br>Qualifiers<br>... run in<br>Today's FINAL |          | <b>18</b>  |
|  | A        | 6  |
|  | B        | 6  |
|  | C        | 6  |
|  | A        | 3  |
|  | B        | 3  |
|  |          | <b>17</b>  |
| A  | 6        |  |
| B  | 6        |  |
| C  | 5        |  |
| A  | 3        |  |
| B  | 3        |  |
|  |          | <b>16</b>  |
| A  | 6        |  |
| B  | 8        |  |
| C  | -        |  |
| A  | 4        |  |
| B  | 4        |  |
|  |          | <b>15</b>  |
| A  | 8        |  |
| B  | 7        |  |
| C  | -        |  |
| A  | 4        |  |
| B  | 4        |  |
|  |          | <b>14</b>  |
| A  | 7        |  |
| B  | 7        |  |
| C  | -        |  |
| A  | 4        |  |
| B  | 4        |  |
|  |          | <b>13</b>  |
| A  | 7        |  |
| B  | 6        |  |
| C  | -        |  |
| A  | 4        |  |
| B  | 4        |  |
|  |          | <b>12</b>  |
| A  | 6        |  |
| B  | 6        |  |
| C  | -        |  |
| A  | 4        |  |
| B  | 4        |  |
| C  | -        |  |
| <b>800-m. Run</b>  | 7,8      | Set-up for universal start.  |
| <b>100-m. Dash <u>PRELIM</u></b>   | 7,8      | Same as 75 PRELIM above.   |
| <b>800-m. Relay (4 x 200)</b>  | 7,8      | Normal 4-curve stagger-start.<br>Stay in lane for entire race.   |
| <b>75-m. Dash <u>FINAL</u></b>   | 7,8      | Starter may pause meet here if Finals were run at PRELIM-time.   |
| <b>200-m. Dash <u>FINAL</u></b>  | 7,8      | Normal 1-curve stagger-start.<br>Stay in lane for entire race.   |
| <b>400-m. Dash</b>   | 7,8      | Normal 2-curve stagger-start.<br>Stay in lane for entire race.   |
| <b>100-m. Dash <u>FINAL</u></b>  | 7,8      | Starter may Pause meet here if Finals ran at PRELIM-time.  |
| <b>1600-m. Run</b>   | One race | Set-up for universal start. Note: Runners from grade 7 & 8 combined into one race; will adequately identify participants by grade. Starter has authority to do separate races, when he/she believes quantity of runners or track conditions jeopardize safety. |
| <b>400-m Relay (<u>Minor</u>) (4 x 100)</b>                              | 7,8      | Normal 2-curve stagger-start. Stay in lane entire race.  |
| <b>400-m Relay (<u>Major</u>) (4 x 100)</b>                              | 7,8      | Normal 2-curve stagger-start.<br>Stay in lane entire race.   |