

Shiloh Middle School

TEAMS – Mapleton, St Paul, Shiloh

SCRATCHES or CHANGES can be made at the finish line

ENTRY DEADLINE – Entries will be made online at: www.baumspage.com Entry deadline will be Monday, **March 25** at 12:00 pm

Please enter accurate times and distances to help us seed the meet fairly.

MEET SCHEDULE –

Field Events will begin at 5:00

Running events will begin at 5:15

Meet Information

Spikes – 1/8” spikes only

All events but the 100 dash, 100/110 Hurdles, 200 dash and the 200 Hurdles will be clerked on the turf on the home sideline. The 100 dash, the 100/110 hurdles, and the 200 dash will be clerked on the high jump pad. The 200 hurdles will be clerked at the 200 hurdles starting line.

Due to a surveying error the Plymouth track is set up a little different. Instead of having a common finish line for the 100/110 hurdles we have a common starting line and a different finish line for the 110 hurdles. Please make sure that your athletes are aware of this.

Starting Heights – Girls high jump – 3’6” Boys high jump – 4’6”

All runners should report to the home sideline turf prior to the second call. Field events report in at the event site.

Relay teams should use tennis balls to designate their starting marks. Chalk or Tennis balls may be used for high jump. Please DO NOT mark on all weather surface with tape.

The 4 x 800, 800, and 1600 will use a one turn stagger. The 4 x 400 relay will use a three turn stagger.

Long jump, shot put, and discus will have 4 jumps or throws.

Meet results will be available as soon as possible after the meet. Results will be posted to Baumspage as soon as possible after the meet.

