

Bellevue vs. Clyde

4-11-23

Meet Notes

-The 4x800 Relays will be run separately. This will give field events more time to progress before athletes start checking out for running events.

-The 3200m run boys/girls will run together.

-Coaches, try to enter each athlete with a seed time/performance, this greatly aids in setting up heats for sprints, throws. The 100/200/400/100H/300H first heat will feature the four best entry times from each school. Throwing hot flight will be four best entrants from each school.

-If there are 16+ throwers in each event we will throw two flights. The hot flight will be first. Athletes will throw 2/2.

-Long Jump will be "open pit" for 60 minutes, 4 jumps.

-High Jump, girls will go first, starting height: girls 4-0, boys 5-0.

-Pole Vault will be girls first, starting height: girls 6-0, boys 9-0

Sprints Relays: Bellevue's track still has the old exchange zone markings. The small "fly zone" triangles are the beginning of of the exchange zone. 4x200: red, red, yellow...4x100 yellow, yellow, yellow