

Dual Meets at Medina

Baumspage Entry Instructions

Races run in Lanes: (100/110h, 100, 200, 300h, 400)

- Enter every athlete that will be running in that event
- At minimum, enter times for your 4 fastest kids so they will be assured to race in the fastest heat*

Races not run in Lanes: (800, 1600, 3200)

- Enter every athlete that will be running in that event
- You do not need to enter any times if you do not desire to do so

Relay races: (4x100, 4x200, 4x400, 4x800)

- You do not have to enter times for your relays

Field Events: (shot put, discus, long jump, high jump, pole vault)

- Enter every athlete that will be competing in those events
- For the shot and discus: at minimum enter marks for your best four throwers so they will be assured to throw in the best flight
- Long jump, high jump, and pole vault do not need marks entered

*All races contested entirely in lanes will be setup such that each school competing is assigned to certain lanes, ie. if Medina is assigned lanes 1, 3, 5, 7, the visiting school will be assigned lanes 2, 4, 6, 8.