

## 2013 PAC HS Track & Field Championships

**Meet Schedule: Friday, May 17<sup>th</sup>, 2013**

### **3:30 Coaches meeting in the press box at the stadium.**

**We are asking that each team bring two individuals to help run an event. This will ensure that all events run smoothly and timely.** Please have your workers check to see if the finish line needs help after their event. Triway will provide all measuring devices and other items as needed. The following are the assignments for the meet:

Tuslaw - Discus, Fairless - As needed or 2 @ Finish line, CVCA - Pole Vault

Indian Valley - As needed or 2 @ Finish line, Timken - Shot Put

Triway - Meet Manager/Finish Line, Tusky Valley - High Jump, Manchester - Long Jump

### **4:00 Girl's High Jump & Discus Boy's Pole Vault, Shot Put & Long Jump**

#### **Long Jump:**

3 jumps with top 9 to finals for 3 additional jumps.

Boy's- Open Pit 4:00-5:00. Finals will begin at 5:15

Girl's- Open Pit 6:00-7:00. Finals will begin at 7:15

#### **Shot and Discus:**

3 Preliminary throws, top 9 finals with 3 additional throws

### **4:30 Prelimns (2 heats- top 3 places each heat and next 2 best times to finals)**

100/110m hurdles (g/b)

100m dash (g/b)

3200m r girls

200m dash (g/b)

3200m r boys

**then FINALS in regular order**

**Scoring:** Points 10-8-6-5-4-3-2-1 Placing 8.

**Other:** There will be a weigh in located at the event for implements used in shot and discus.

**Entries due Friday May 17<sup>th</sup> by 10:00am!!!**

**We are only accepting web entries this year!**

**Web entries via [www.baumspage.com](http://www.baumspage.com)**

- The meet will be held at Triway High School - we will be very picky about the spikes. 1/8" pyramid spikes only. Anyone with oversized or needle spikes will be DQ'd from the meet. If in doubt, please ask. Spikes *may* be available at the meet.

\*\*\*NOTE: Based on entries and time considerations, starting heights will be announced at the event.

See you Friday May 17<sup>th</sup>.

Meet Director

Erik Johnson

Any questions or problems, email me at [trwy\\_johnson@tccsa.net](mailto:trwy_johnson@tccsa.net)

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