

Coaches Information.

Boys pole vault: 8' 0", 9' 0", 9' 6", 10' 0", etc...

Girls pole vault (first, then boys): 6' 0", 7' 0", 7' 6", 8' 0", etc...

Boys high jump: 5' 0", 5' 3", 5' 6", 5' 8", 5' 10", 6' 0", 6' 1", 6' 2", etc...

Girls high jump (first, then boys): 4' 0", 4' 3", 4' 6", 4' 8", 4' 10", 5' 0", 5' 1", 5' 2", etc..

4 throws per athlete – 2 and 2 instead of 1, 1, 1, 1. No finals.

Girls shot put first then boys.

Boys discus first, then girls.

Boys long jump first, then girls

4 jumps in long jump...there will be 2 flights for long jump, NOT open pit.

Team camps can be in either stands, but please stay off the infield as much as possible.

Athletes should report to the clerk at the start of their race (distance races at the start finish line, 100 and 110H at the bullpen, 200 on the back curve, and 300H at the start of the backstretch).

Scoring: All events the scoring will be 10, 8, 6, 4, 2, 1. "B" and "C" teams can not score.

For seeding in 2016, the only event that may need to be re-seeded is the boys 4 x 400. Currently there are 17 teams entered, but there is a good chance that by the end of the meet someone will scratch. If that is the case please inform the clerk and/or timers in the press box ASAP.

We only need name changes in case of scoring, records, or if you think the milesplit database really needs the correct name. Write any changes on a piece of paper and give to the press box personnel – it should include the school, event, name of old athlete and name of new athlete.

Medals will be given to coaches at the end of the meet. Please go to the press box at the conclusion of the meet.

We've never made money on this meet (we don't get the concessions and have to rent the facility), we just want a chance to have a fast, fun, friendly competition early in the season that allows some extra athletes to get some reps. Thank you for coming!