

JOE KASPER MEMORIAL INVITATIONAL
MEADOWBROOK HIGH SCHOOL
March 30th

SHOT PUT AND DISCUS

IMPLEMENTS MAY BE WEIGHED AND CHECK AT THE LOWER TICKET BOOTH
PRIOR TO COMPETITION.

WEIGH-IN WILL CONCLUDE AT **9:45**

ILLIGAL IMPLEMENTS WILL BE IMPOUNDED AND MAY BE PICKED UP AT THE
FINISH LINE BUILDING **AT THE CONCLUSION** OF THE RESPECTIVE EVENT.

ATHLETES SHOULD NOT USE OTHER COMPETITORS IMPLEMENTS WITHOUT
THE
OWNERS (ATHLETE/COACHES) PERMISSION.

**EACH ATHLETE WILL GET THEIR 1ST THROW MEASURED REMAINING THROWS
MUST BE OVER:**

DISCUS Girls 75', Boys 100' Shot Girls 25', Boys 35'

SHOT PUT – DISCUS – LONG JUMP WARM-UP

GENERAL WARM-UP FOR ALL ATHLETES WILL BE PERMITTED UP TO 10
MINUTES BEFORE THE FIRST FLIGHT IS SCHEDULED TO BEGIN.
EACH FLIGHT WILL THEN BE PERMITTED A 10 MINUTE WARM – UP PERIOD.

POLE VAULT

COACHES ONLY! WILL BE PERMITTED IN THE INFIELD DESIGNATED COACHING
AREA NEAR THE GOAL POST.

ONLY THOSE INDIVIDUALS WITH POLE VAULT COACHING CREDENTIALS WILL BE
PERMITTED IN THE DESIGNATED AREA.