

# MOAC TRACK & FIELD CHAMPIONSHIP

## COACHES INFORMATION SHEET

### SHOT & DISCUS

2 FLIGHTS 8-10 MIN WARMUP BETWEEN FLIGHTS.

3 SINGLE THROWS IN PRELIMS

TOP 9 TO FINALS 3 SINGLE THROWS IN FINALS

REVERSE ORDER IN FINALS 9-8-7-6-5-4-3-2-1

### LONG JUMP

### "40 MIN OPEN PIT"

3 JUMPS IN THE PRELIMS

TOP 9 TO FINALS 3 SINGLE JUMPS IN FINALS

REVERSE ORDER IN FINALS 9-8-7-6-5-4-3-2-1

### HIGH JUMP

### 5 ALIVE FORMAT

GIRLS---START @ ???? RAISE 2" INCREMENTS UNTIL 5'0 THEN 1"

BOYS---START @ ???? RAISE 2" INCREMENTS UNTIL 6'0 THEN 1"

### POLE VAULT

### 5 ALIVE FORMAT

BOYS---START @ ???? RAISE 6" INCREMENTS UNTIL 12'0 THEN 3"

GIRLS---START @ ???? RAISE 6" INCREMENTS UNTIL 9'0 THEN 3"

COACHES REMIND YOUR ATHLETES THEY NEED TO BE EXCUSED FROM A FIELD EVENT TO COMPETE IN ANOTHER EVENT. THERE IS A 15 MINUTE TIME LIMIT. SIGN OUT THEN SIGN IN. IT WOULD HELP IF THE ATHLETE TOLD THE JUDGE THEY ARE IN ANOTHER EVENT BEFORE COMPETITION STARTS SO ADJUSTMENTS CAN BE MADE AND THE MEET WILL CONTINUE WITHOUT DELAYS.