

# Plymouth High School



**Teams Competing** – Norwalk St. Paul, Mansfield Madison, and Plymouth

**Submitting Entries** – Since this is the first meet of the season do not worry about entering marks into Baumspage.

**Scratches or Changes** – Bring any changes to the press box before the meet begins.

**Entry Deadline** – Entries will be made online at [www.baumspage.com](http://www.baumspage.com). Entry deadline will be Tuesday, **March 26** at 12:00 pm.

## Meet Schedule

Field Events will begin at 4:30 PM.  
Running events will begin at 5:00 PM.

## Meet Information

**Spikes** – 1/8” spikes only.

The 100m dash, 100m/110m hurdles, 200m dash, and the 300m hurdles will be clerked on the high jump pad. The 300m hurdles will be clerked at the 300m hurdles starting line. All other events will be clerked at the bullpen, located in the southwest corner of the track.

Due to a surveying error the Plymouth track is set up a little different. Instead of having a common finish line for the 100m/110m hurdles we have a common starting line and a different finish line for the 110m hurdles. Please make sure that your athletes are aware of this.

**Starting Heights** – Girls high jump – 3’10”      Boys high jump – 4’10”

All runners should report to the designated bullpen prior to the second call of their event. All field events will report in at the event site.

Relay teams should use tennis balls to designate their starting marks. Chalk or tennis balls may be used for high jump and long jump. Please **DO NOT** mark on track surface with tape.

The 1600m and 3200m run will use a one turn stagger, unless the starter chooses to use a waterfall start. The 800m run and 4x800m relay will use a two turn stagger. The 4x400m relay will use a three turn stagger.

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Competitors in the long jump will get 4 jumps. Long jump will not be open pit. Competitors in the shot put and discus will get 4 throws.

Meet results will be available as soon as possible after the meet. You may pick up both in the press box or on Baumspage.

Once the field events are completed, we want all athletes outside of the fence around the track unless they are competing in a running event. Coaches will be asked to stay off of the football field during the meet.

A concession stand will be open throughout the meet.

**Firelands Conference Admission - \$6.00 All**