

## Information sheet for coaches

Window closes 5/9 at 11:00 AM performance lists will be posted on Baumspage that evening.

Scratch window will be open until 12:00 on Tuesday 5/10 for changes. I will reopen the scratch window after Tuesday until 12:00 on 5/13 for events that have not been contested. This is consistent with District practices. Please put times/distance/heights for the athletes you are putting in as a replacement.

Starting heights will be posted Monday night / Tuesday Morning. Could be adjusted for weather.

Advancement-top 2 in each heat and next 4 fastest times. Runners on the same team will be split in heats since advancing by place.

Top 9 make finals in field.

Scoring is the same for all 3 Div. for Individ. 10-8-6-5-4-3-2-1.

Relay Scoring

River 10-8-6-5-4-3-2-1

Bay 10-8-6-5-4

Lake 10-8-6-5-4-3-2-1

This is all consistent with last year.

Let me know if you have any questions.

Doug Slagle

