

Important Event Notes

1. **START TIMES**
 - 3:15 PM: Pole Vault check-in and warm-up
 - 3:30 PM: All other Field Events check-in and warm-up
 - 4:00 PM: Field Events begin
 - 5:00 PM: Running Events begin

2. **POLE VAULT**

You may start checking poles in and warming up for the pole vault at 3:15. We are starting the event promptly at 4:00. This will give pole vaulters 45 minutes for warm-up. Please make arrangements to have your pole vaulters and pole vault coach at the meet by this time.

3. **DISTANCE MEDLEY**

The order for the legs of the distance medley relay will be 800-200-400-1600 (1 turn stagger). Starting line will be the 200 meter start. Both boys' and girls' divisions will be combined for one race.

4. **3200 METER RUN**

Both boys' and girls' divisions will be combined for one race.

5. **4x100 THROWER RELAY**

The 4 x 100 "thrower relay" is open to shot putters and discus throwers only. In order for us to keep this event legal competitors must carry a baton. This event will be scored. These relay contestants must be competing in either the shot put or discus on this same day. If you have the same 3 individuals throwing both shot and discus, then another thrower from your team is to compete in the relay that is not in any other race during the meet. This will be checked and failure to comply will result in disqualification from the event.

6. **AUTOMATIC TIMING**

We will have automatic timing at our meet. There will also be 8 back-up timers.

Please remember that all entries this year will be done on
www.baumspage.com

Entries must be in no later than
Wednesday, April 10th at 5:00 PM