

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: All Field Events begin promptly
 - 4:30 pm: Distance Medley and 3200 (both divisions run together)
 - 5:30 pm: All other running events (*Rolling time schedule*)

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 800-400-1200-1600 (3 turn stagger). Both blue and gold divisions will be combined for one race but will be scored separately for each division.

4. **3200 METER RUN**

Both blue and gold divisions will be combined for one race but will be scored separately for each division.

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 (5-4-3-2-1) unless a majority of coaches at the coaches meeting want to make it worth **less**. These relay contestants must be competing in either the shot put or discus at the meet today. If you have the same 3 individuals throwing both shot and discus, then another **thrower** from your team (not another field event participant) is to compete in the relay. 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 backup timers.

Please remember that all entries this year will be done on

www.baumspage.com

Entries must be in no later than
Wednesday, May 1st @ 6:00 p.m.