

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
 - 4:15 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 800-400-1200-1600 (2 turn stagger). Both blue and gold divisions will be combined for one race but will be scored separately for each division.

- 4. DMR, 4x800, 1600, 3200**

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 (6-5-4-3-2-1) unless a majority of coaches at the coaches meeting wants to change the point value.** The 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 an Eagle Eye/Hy-Tek automatic timing system 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 posted no later than
Wednesday, April 30th @ 6:00 p.m.