

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 each event 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 and will be scored (10-8-6-4-2-1). For the Thrower Relay, **YOU MUST** use athletes who have competed in either the shot put or discus events at the meet today. If you have the same **THREE** individuals throwing both shot put and discus in today's meet, only then may you include another thrower from your team that is not in any other event during the meet to compete in the relay. This will be checked and failure to comply may 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 will be done on

www.baumspage.com

Entries must be posted no later than:

Wednesday, April 29th @ 6:00 p.m.