

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 26th @ 7:00 p.m.