

2018-2019 ORDER OF EVENTS

Thomas Jefferson Community Center

Doors open – 5:00 p.m. on Friday

FIELD EVENTS

5:30 PM Girls high jump – unlimited entries - starting height 4'0" (raise 2") to be followed by
Boys high jump – unlimited entries - starting height 5'0" (raise 2")
Elevation of bar **will not wait** for athletes competing in running events and will not be lowered
Boys shot put to be followed by girls shot put (unlimited entries)

RUNNING EVENTS (rolling schedule)

5:30 PM Girls - 4 x 800 meter relay (2 teams max per school)
Boys - 4 x 800 meter relay (2 teams max per school)

ONLY SCORING ATHLETES MAY USE STARTING BLOCKS IN 55 METER RACES!!!!

Girls – 55 meter hurdles – maximum of six hurdlers per school, run on homestretch
Boys – 55 meter hurdles – maximum of six hurdlers per school, run on homestretch
Varsity Girls – 55 meter dash – maximum of three runners per school, run on homestretch
Varsity Boys – 55 meter dash – maximum of three runners per school, run on homestretch
JV Girls – 55 meter dash – unlimited entries, run on backstretch - opposite side of track
JV Boys – 55 meter dash – unlimited entries, run on backstretch - opposite side of track
Girls – 4 x 200 meter relay – seven teams per school – 1st team only scores
Boys – 4 x 200 meter relay – seven teams per school – 1st team only scores
Girls – 1600 meter run – five runners maximum per school (two sections only)
Boys – 1600 meter run – five runners maximum per school (two sections only)
Girls – 500 meter dash – seven runners per school, three varsity & four JV
Boys – 500 meter dash – seven runners per school, three varsity & four JV
Girls – 1000 meter run – five runners maximum per school (three sections only)
Boys – 1000 meter run – five runners maximum per school (three sections only)
Girls – 300 meter dash – seven runners per school, three varsity & four JV
Boys – 300 meter dash – seven runners per school, three varsity & four JV
Girls – 3200 meter run – three runners maximum per school (one section only)
Boys – 3200 meter run – three runners maximum per school (one section only)
Girls – 4 x 400 meter relay (**one team per school if start is after 9:45 p.m.**)
Boys – 4 x 400 meter relay (**one team per school if start is after 9:45 p.m.**)

If 4 x 400 relays start before 9:45 p.m., a maximum of 4 teams per school may compete (2 girls, 2 boys)

All schools **must** provide a coach to help count laps and time their distance runners. (1000, 1600, 3200 & 3200 relay) All schools must provide three timers to help with meet management. If additional timers are needed, coaches will be asked to time.

Scoring – only three athletes and one relay are eligible per school per event to score

Miscellaneous - No spikes are allowed in the facility. Athletes will be disqualified for wearing spikes. Represent your school well by showing good sportsmanship. No throwing or kicking balls, frisbees, hacky sacks, etc. Many thanks to athletes, coaches and spectators for placing trash in the proper receptacles.

All athletes, coaches & spectators must vacate the premises within ten minutes of the completion of the final event.

We always are in need of timers. If you wish to volunteer, please see the head timer! Thank you!