

## Final Regular Season Meet Battle for District Champs spots.

\*As we as coaches prepare for the championships – We will allow athletes to have some control over their place into the meet. It will help us make our decision easier.

\*The field events are easy – you will be judges on your best performance.

\*Distance races are a little easier – the number of spots will depend on whether the top athletes will run in those events. For example – Sebastian will not be running the 400m dash – even though he is the Top Ranked athlete. The ranking will help us make selection for the relay's teams to Regional and State championship. We can carry 8 to Regional and 6 to States.

\*The sprinting is harder because there is a mix of hand time and FAT (Fully Automatic Timing), luck for us this Wednesday's meet is FAT. So, whoever wins – will get spot even if some had a faster hand time. Head-to-head matchups win over season performances. The rankings will help us make selection for the relay's teams to Regional and State championship. We can carry 8 to Regional and 6 to States.

### 100m (1 spots up for grab)

1. Proctor
2. Lewis
3. Swann – Peterson – Elwannas – Sandall – Lebkisher – Anyone else

### 200m (3 spots up for grab)

1. Sandall – Swann – Peterson – Anyone else

### 400m (1 spot up for grab) plus relays

1. Harrington
2. Oliver
3. Anyone else

### 800m (0 to 1 spots up for grab) Plus Relays

1. Malave
2. Smith
3. Sanders
4. M. Lagendyk – Schmid – S. Lee – Penix - Anyone else

### 1600m (0 - 2 spots up for grab)

1. Sanders
2. S. Lee – Barnes – Schmid – M. Lagendyk – Wilder - Sadeque - Anyone else

### 3200m (0 – 3 spots up for grab)

1. S. Lee
2. Barnes
3. Wilder
4. Anyone else

### Shot Put (1 spots up for grab)

1. Langpaul
2. Palm
3. Piazza - Katz - Anyone else

### Discus (2 spots up for grab)

1. Tadlock
2. Langpaul – Piazza – Katz - Anyone else