

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 – Spoden might not be running the 3200m 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 (2 spots up for grab)

1. Gardner
2. Thompson – Curran – McAden – Skaggs – Kim – Alaydrus – Anyone else

200m (2 spots up for grab)

1. Ford
2. Anyone else

400m (0 to 2 spots up for grab) plus relays

1. Epstein
2. Jones-Suggs
3. Ford – Lee – Gardner – Curran – Marques – Skaggs - Welch – Anyone else

800m (0 to 2 spots up for grab) Plus Relays

1. Spoden
2. DonTigny – Lee – Epstein – Alonson – Sullivan – Bell – Marques - Anyone else

1600m (2 spots up for grab)

1. Spoden
2. Battista – DonTigny – Viskupic – Alonso - Anyone else

3200m (3 spots up for grab)

1. Battista – Viskupic – Blanton - Anyone else

Shot Put (2 spots up for grab)

1. Pounder
2. Garcia Palencia – Stuart – Haggerty Graham - Anyone else

Discus (2 spots up for grab)

1. Pounder
2. Garcia Palencia – Stuart – Haggerty Graham - Anyone else

Long Jump (2 spots up for grab)

1. McCarton
2. Anyone else