

TENTATIVE TIME SCHEDULE

Field Events - Minimum measuring distance in parentheses. Each competitor will be allowed three attempts in the horizontal jumps and throws. We will mark at least one attempt, but all others must be over the minimum line to be measured. The top 8 in each event will receive 3 more attempts in the finals.

Time	Event		
8:00	Girls Javelin (50'0")	Boys Javelin (100'0")	
8:30	Boys Pole Vault (8'06)		
9:00	Girls Long Jump (13'6)	Girls High Jump (4'4)	Girls Varsity & JV Discus (65'0)
9:00	Boys Triple Jump (32'0)	Boys Varsity & JV Shot (35'0)	
1:30	Boys High Jump (5' 4)	Boys Long Jump (16' 6)	Boys Varsity & JV Discus (90'0)
1:30	Girls Triple Jump (28'0)	Girls Varsity & JV Shot (25'0)	Girls Pole Vault (6'06)

Time	Event (girls compete first)
8:00	4 x 1600 Relay
	Sprint Medley Relay (1-1-2-4)
	100 Meter Trials (Varsity & JV)
	5000 Meters
	4x100m
	4x800m
	100/110m Hurdles
	100Meter Finals (JV then Varsity)
	1600m (JV then Varsity)
	4x200
	400m
	400m Hurdles
	800m
	200m
	3200m
	4x400m

PLEASE NOTE THE DIFFERENT EVENTS. These were put in place to give you the chance to bring as many of your athletes as possible SO PLEASE consider these new events as a place to put some of your athletes and limit the number you put in the other traditional races. For example, use two of your 100 meter sprinters in the Sprint Medley instead of putting them in the 100 and only put your 100 athletes in the 100 only if they have an outside chance of placing. Same for the distance races – we will put the top 16-20 in the fast heat and the remaining will ALL go into the slow sections. Think about running some of those in the 5000 or the 4 x 1600 relay.

Below are the standards for entry. You may add a third athlete in any event in which all three athletes meet the standard with the performance that is posted on SCRrunners when you enter the meet. You must send the 3rd athlete to me at ehsed1@gmail.com and I will enter him/her provided all 3 have met the standard.

Event	Boys	Girls
100	11.64	13.30
200	23.59	27.77
400	52.24	66.15
800	2:14.22	2:36.03
1600	4:50.64	5:57.71
3200	10:39.37	13:03.98
5000	19:23.91	28:00
100 Hurdles		18.51
110 Hurdles	17.93	
400 Hurdles	65.92	77.86
Long Jump	18'07.5"	14'04.5"
Triple Jump	39'05"	30'01"
High Jump	5'04	4'04"
Pole Vault	9'00"	7'00"
Shot Put	37'08.5"	27'10"
Discus	109'02"	79'00"
Javelin	107'10	45'07"

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Time Event (girls compete first)

8:00 4 x 1600 Relay

Sprint Medley Relay (1-1-2-4)

100 Meter Trials (JV on back stretch, varsity on front)

5000 Meters

4x100m

4x800m

100/110m Hurdles

100Meter Finals (JV then Varsity)

1600m (JV then Varsity)

4x200

400m

400m Hurdles

800m (Max 2 Sections each)

200m

3200m (Max 1 Section each)

4x400m