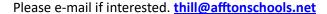
Coaches and ADs,

This is a weekday meet that will be getting **as many** kids competing as possible. I am going with a relay format, with a few modifications. We will be splitting the cost of the Timing, Medals, Pizza for coaches, starter & bullpen guy. Entries on Athletic.net You only need to enter names for field & open running events. On Relays, just enter the team. The JV Relays will be April 28. 4pm All entries will be entered online utilizing Athletic.net (www.Athletic.net). Timing will be done by Borman's Championship Timing. The deadline for submitting entries is 7:00pm the day prior to the meet.





Running Events:

Unlimited race entry except 100m (3)

SMR 100-100-200-200m 4x800 Relay Open 100 Limited (3) 4x200 Relay Open 1600m 4x100 Relay Open 300H DMR 1000-200-400-800m 4x400 Relay

Field Events: Unlimited field entry (note the rule modifications)

Throws: Four or less throwers, three throws per participant. More than four throwers, two throws per participant. **Vertical Jumps:** Four or less jumpers, three jumps per school. More than four jumpers, two jumps per school. Long Jump will be first. Boys & Girls together followed by Co-ed Triple Jump. LJ is 3:45-5 TJ is 5-6:15

High Jump: We will go up by 3" If a school has more than 3 jumpers, jumpers will only receive 2 scratches per height, as opposed to 3 per height.

Pole Vault: We will go up by 9" If a school has more than 3 jumpers, jumpers will only receive 2 scratches per height, as opposed to 3 per height.

Shot Put

Discus

Javelin

High Jump

Pole Vault

High Jump

Long Jump

Triple Jump

Thanks,

Tim Hill

Affton Track Coach