

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.**

Please e-mail if interested. thill@afftonschoools.net



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