

GENERAL INFORMATION

1. Schools may enter two contestants per individual event, and one relay team
2. Entry fee is \$150.00 each team (\$250 max for both boys and girls). Make Checks payable to: Springfield Athletics
3. All Running events will be run as finals. Lane assignments will be determined by Finish Timing
4. All field events will be run as finals.
5. In the shot put and discus, The athletes first legal throw will be measured. The minimum marks will be used for his/her additional throws
6. Filed events will start at 10:00am; running events will start at 10:45
7. Admission will be \$6.00 for adults; \$4.00 for students
8. Senior Day for our senior athletes will take place before the 1600m run
9. Starting blocks will provided
10. Only 1/4" coned-shaped spikes are allowed
11. Chalk or tennis balls must be used for marking check points. No Tape please
12. No Team Camps in the home bleachers. Visitor Bleachers and Grass areas can be used for team Camps
13. NO FOOD, SODA, SUNFLOWER SEEDS, CANDY ARE ALLOWED ON FOOTBALL FIELD
14. Coaches Meeting will start at 9:30. Meet at finish line
15. Coaches will be giving a ticket to our hospitality room. Lunch will be served from 12- until gone
16. Scoring will Be 10,8,6,5,4,3,2,1
17. Starting Height will be discussed at Coaching meeting

AWARDS

- A team champion trophy will be awarded to the top boys and girls teams; second place trophies will be awarded to the same. Medals will be awarded to first, second, and third places

ENTRY PROCEDURES

1. Entries must be completed through Finish Timing www.finishtining.com
2. All Entries must be turned in by 9:00pm Thursday April 14th

All running events will be run as finals

-Girls will precede the boys in each running event

10:45 a.m.-Running Events

1. 4x800m Relay (Girls)
2. 4x800m Relay (Boys)
3. 100m Hurdles (Girls)
4. 110m Hurdles (Boys)
5. 100m Dash (Girls)
6. 100m Dash (Boys)
7. 4x200m Relay (Girls)
8. 4x200m Relay (Boys)
9. 1600m Run (Girls)
10. 1600m Run (Boys)
11. 4x100m Relay (Girls)
12. 4x100m Relay (Boys)
13. 400m Dash (Girls)
14. 400m Dash (Boys)
15. 300m Hurdles (Girls)
16. 300m Hurdles (Boys)
17. 800m Run (Girls)
18. 800m Run (Boys)
19. 200m Dash (Girls)
20. 200m Dash (Boys)
21. 3200m Run (Girls)
22. 3200m Run (Boys)
23. 4x400m Relay (Girls)
24. 4x400m Relay (Boys)

10:00 a.m.- Field Events

Opening heights will be based on Entries and discussed at the coaches meeting

- We will have one long jump pit
- We will have one High Jump pit