

Luella Preseason Quad Meet Layout

Event Location: Luella High School

Date: Thursday, February 9, 2023

Event Start Time: 5:00PM

ENTRIES PER EVENT: Each school is allowed 4 entries for all running events, 3 entries for all field events and a max of 2 entries for the 4x200m, and 4x400m relay.

ENTRY DEADLINE: Wednesday, February 3, 2023. There will be no meet day entry changes!!!
Timing/Results: Perfect Timing

AWARDS: No team or individual awards.

FACILITY: 8 lane all-weather track surface with 2 Long/Triple Jump runways and pits. The Shot Put and Discus circles are brushed concrete.

WARM-UP AREA: The warm-up area will be on the fields behind the visitors stand. No warm-ups will be allowed on the track or infield.

Field Events: Each contestant will be allowed 3 attempts in the Long Jump and Shot Put. All legal first attempts will be measured. Throws and Jumps will not be measured after the first attempt if the performance is not beyond the minimum measurement mark.

Performance minimum Long Jump (After First Attempt)

Girls 15 feet

Boys: 19 feet

Performance minimum Shot Put (After First Attempt)

Girls 22 feet

Boy 32 feet

ADDITIONAL INFORMATION: There will be a \$5 admission fee. Concessions and restroom facilities will be available as well.

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Field Events (Check-ins at event)

5:05 pm COACHES MEETING

5:15 pm Long jump Girl/Boys

5:15 pm Shot Put Girls/Boys

Running Events (Hip numbers only for 800, 1600, 3200 and 4x400)

5:45PM ROLLING SCHEDULE RUNNING EVENTS:

The order of all common running event heats will be girls followed by boys. (Please note any/all exceptions below.) If we get ahead of schedule, we will run ahead.

5:45:PM (START TIME)

100/110 Meter Hurdles (Girls/Boys)

4x200 Relay (Girls/Boys)

1600 Meter Run (Girls/Boys)

400 Meter Dash (Girls/Boys)

100 Meter Dash

300 Meter Hurdles (Girls/Boys)

800 Meter Run (Girls/Boys)

200 Meter Dash (Girls/Boys)

3200 Meter Run (Girls/Boys)

4x400 Meter Relay (Girls/Boys)