

Andrews Middle School

****Field Events will Start at 3:30 first running event will start at 3:40****

Athletes competing in both field and running will check in at all field events first, they may leave to run a running event, then return to complete their field event.

Order of Events:

Girls Shot/Boys

Boys Discus/Girls

Girls Triple/Boys

Girls High/Boys

Girls Long/Boys

4x800

Start: solid Green Line *first runner can break at dotted green line, exchange zones blue triangle to blue triangle

100m Hurdles/110 m hurdles

100m

4x200 (1st/2nd exchange red to red, 3rd yellow to yellow)

1600m (waterfall start, break at clearance)

4x100 (all exchanges yellow)

400

800 (waterfall start, break at clearance)

200

4x400 (blue to blue) *exchange 3&4 solid blue

*first leg in lane all the way, first exchange staggered, second runner in lane until break line

Protest Committee: One coach from each team

Exchange judges:

4x200 –1-Hayesville 2-Andrews 3- Swain

4x100 –Same as above