

SUBURBAN COUNCIL VARSITY CHAMPIONSHIP

January 25th

Meet starts at 8:30AM

Union College

IMPORTANT INFORMATION:

- 3 ENTRIES PER EVENT, ONE RELAY TEAM **NO WILD CARDS** ● SCORING: 10-8-6-4-2-1
- ALL ENTRIES WILL BE REGISTERED ON MILESPLIT
- REGISTER BY 8 pm January 24th
- CHANGES MAY BE MADE UP UNTIL 1 HOUR BEFORE START TIME ● ALL RACES ARE FAT TIMED WITH THE EXCEPTION OF RELAYS
- BLOCKS ARE ALLOWED IN HURDLES AND DASH

ORDER OF EVENTS:

ALL RUNNING EVENTS WILL BE GIRLS FOLLOWED BY BOYS

FIELD EVENTS 3 ATTEMPTS IN TRIALS (7 TO FINALS)

FIELD EVENTS:

- GIRLS HIGH JUMP (STARTING HEIGHT: 3'6" up by 3" until 4'6" then up by 2") followed by
- BOYS HIGH JUMP (STARTING HEIGHT: 4'6" up by 3" until 5'6" then up by 2")
- GIRLS POLE VAULT (STARTING HEIGHT 5',6',7' then up by 6" until 9' then up by 3") followed by
- BOYS POLE VAULT (STARTING HEIGHT: 7',8',9' then up by 6" until 11' then up by 3")
- BOYS TRIPLE JUMP followed by GIRLS TRIPLE JUMP, then BOYS LONG JUMP followed by GIRLS LONG JUMP

RUNNING EVENTS:

- 4X200M RELAY
- 50M HURDLES *Starting Blocks allowed
- 4X800 METER RELAY
- 300 M DASH
- 1500/1600 M (SECTIONS)
- 600 M (SECTIONS)
- 3000/3200 M (SECTIONS IF NEEDED)
- 1000 M (SECTIONS)
- 45 M DASH *Starting Blocks allowed
- 4X400 METER RELAY (SECTIONS)

SUBURBAN COUNCIL CHAMPIONSHIP THROWING EVENTS TBA

SCHOOL RESPONSIBILITIES will be LISTED ON THE TCITL MASTER SCHEDULE (PLEASE PROVIDE 2 ADULT HELPERS)

