

OCS MULTI-MEET

Friday, May 22, 2026

Start time: 3:30 pm

Athletes may compete in 3 events. Only 1 relay team per event. 3 entries per school for individual events (except High Jump where only 1 is allowed & pole vault where only 2 are allowed).

Scratch sheets are to be picked up at the Timing-Tent by the Finish Line area upon arrival into the complex. Coaches are asked to make scratches on the sheets then return them to the timing tent at the finish line.

Leone Timing will be used to produce fast, accurate results.

1 Adult volunteer per team is needed. It can be a coach or adult to assist. We will need 1 volunteer in long jump, 1 in triple jump, 2 in shot, 2 in discus, 1 in pole vault.

ORDER OF RUNNING EVENTS (girls - boys except first race)

3 entries per school for individual events, 1 relay per school

High Hurdles (B-G)

800 (G-B)

100

400IH

400

1500

1600

200

4x400

4x100

4x800

FIELD EVENTS

*3 entries per school (*except HJ - one per school and PV - two per school)*

SHOT (B/G)

DISCUS (G/B)

LONG JUMP (B/G)

(Open Pit. Boys 3:30-4:30. Girls 4:30-5:30)

TRIPLE JUMP (G/B)

(Open pit. Girls 3:30-4:30. Boys 4:30-5:30)

POLE VAULT (G/B) opening height girls - 6', boys 8' 6"

*HIGH JUMP (G/B) opening height girls - 4' 2, boys 5'