



## Running Events

### 100, 100/110H Hurdles, and 200

- These events will be run with the wind. A wind gauge will be used for USATF qualifying marks should they occur.
- Will be power seeded from slow to fast.
- Preferred lanes will be used, 4, 5, 3, 6, 2, 7, 1, 8
- Heats with less than 16 athletes will be split evenly; if an odd number exists the greater number will go in the fast heat.

### 300H, 400, 4 x 100, 4 x 200, 4 x 400

- Will be power seeded from slow to fast.
- Preferred lanes will be used, 4, 5, 3, 6, 2, 7, 1, 8
- Heats with less than 16 athletes will be split evenly; if an odd number exists the greater number will go in the fast heat.

### 800, 1600, 3200, 4 x 800

- Two alley format will be used.
- The top 1/3 seeds or relays will be placed in alley 2. Seeds will be inside out.
- The remaining 2/3 seeds or relays will be placed in alley 1; placement of seeds will be inside out.
- A 1 turn stagger will be utilized.

## Field Events

### Overview

- Field events will compete with the wind at its optimal direction.
- A wind gauge will be used for USAFTF qualifying marks should they occur in events requiring a wind gauge.
- We will use a Head Certified Official at each field event.
- Meet management plans on having display boards at each field event.

### Long Jump, Triple Jump, Shot Put, Discus

- Prelims with 3 jumps or throws
- The top 9 advancing to the finals for 3 additional jumps or throws

### High Jump, Pole Vault

- The High Jump and Pole Vault will hit District plus marks for qualifying additional athletes in the Districts.

### Javelin

- Prelims with 3 throws
- The top 9 advancing to the finals for 3 additional throws
- We intend to throw off of an all-weather surface.

## Entry Limits

### Athletes are limited to 2 Open Events and 1 Relay.

- Coaches we are setting this meet up to be a fast paced meet where your athletes have the opportunity to put forth maximum effort in their events.
- The time schedule will move very quickly and for the most part is not conducive to an athlete performing in 4 events.
- Please realize when making entries that we as meet management intend to set things up for the athletes to perform at a high level.