

TIME SCHEDULE AND TIME OF EVENTS

9:30 AM Scratch & Add Meeting
10:00 AM Field Events
12:30 PM Running Events

MEET DIRECTOR: Jim Pfeiffer
APPEALS COMMITTEE: Lourdes Central Catholic, Sterling, Pawnee City
STARTER: Steve Nolte, Tecumseh
CLERK OF THE START: Paul Martin
CLERK OF THE FINISH:
SCHOOLS: Bruning Davenport Shickley, Pawnee City, Diller-Odell, Exeter-Milligan, Meridian, Lourdes Central Catholic, Sterling, Dorchester, Friend, Deshler

FIELD EVENTS: Start at 10:00 AM. Schools are assigned these events will be responsible for providing an adequate tape measure and helpers to run the event.

10:00 START

GIRLS SHOT PUT: Deshler
BOYS DISCUS: Exeter Milligan
GIRLS LONG JUMP: Sterling
BOYS TRIPLE JUMP: Dorchester
BOYS HIGH JUMP: Lourdes Central Catholic
BOYS POLE VAULT: Friend/BDS

11:00 START

BOYS SHOT PUT: Pawnee City
GIRLS DISCUS: Meridian
BOYS LONG JUMP: Diller Odell
GIRLS TRIPLE JUMP: BDS
GIRLS HIGH JUMP: Lourdes CC
GIRLS POLE VAULT: Friend/BDS

**RUNNING EVENTS: START AT 12:30 PM--REPORT AT 12:15 OR WHEN
FIELD EVENTS ARE FINISHED**

TIMERS & PICKERS:

1. BDS	5. Exeter Milligan
2. Pawnee City	6. Diller Odell
3. Sterling	7. Dorchester
4. Meridian	8. LCC

Specific Event Information

Field Events: 10:00am start

Shot Put and Discus: Each team may enter a maximum of four throwers in each event. The four individuals will be teamed in pairs to determine their placement. Throwers will be divided into flights based on the distances turned in for the individual. Each thrower will have four attempts, taken in order. At the conclusion of the event the best throws of the top two participants for each school will be added

and medals will be awarded to the top four totals and ribbons for 5th and 6th place.

Long and Triple Each team may enter a maximum of four jumpers in each event. The four individuals will be teamed in pairs to determine their placement. Jumpers will be divided into flights based on the distances turned in for the individual. Each jumper will have four attempts, taken in order. At the conclusion of the event the best jumps of the top two participants for each school will be added and medals will be awarded to the top four totals and ribbons for 5th and 6th place.

High Jump Each team may enter a maximum of four jumpers in each event. The four individuals will be teamed in pairs to determine their placement. Starting Heights for the girls will be determined by the entries and for the boys will be determined by the entries. Continuous flights will be used with heights increasing by 2” increments until 6 jumpers are left and the 1” increments will be used. At the conclusion of the competition, the best heights of the top two jumpers from each school will added and medals will be awarded to the top four placers and ribbons for 5th and 6th place.

Pole Vault Each team may enter a maximum of four jumpers in each event. The four individuals will be teamed in pairs to determine their placement. Starting Heights for the girls will be determined by the entries and for the boys will be determined. Continuous flights will be used with heights increasing by 6” increments until 6 jumpers are left and then 2” increments will be used. At the conclusion of the competition, the best heights of the top two jumpers from each school will added and medals will be awarded to the top four placers and ribbons for 5th and 6th place.

Running Events 1:00 start

Shuttle Hurdle Relay The exchange zone will be designated by a line placed four feet ahead of the starting line. When the incoming runners torso breaks the plane of the line, the succeeding teammates may leave the starting line. Boys will run 4 X 70 (36” and 39”) Girls will run 4 X 60 (30” and 33”). Heats will be ran if needed and will be place according to times. High hurdles will be ran with the wind if there is any.

800 Relay (4 X 200) The first two runners will run in there lane the entire way. The third runner may cut for the pole at the end of the exchange zone and the fourth runner will be shuffled in. Two curve stagger.

1600 Medley	(200, 200, 400, 800) The first two runners are in their lanes the entire way. The third runner may cut at the end of the exchange zone. Two curve stagger
3200 Medley	(1600, 400, 400, 800) One curve stagger
Distance Medley	(1600, 800, 800, 1600) One curve stagger
4 X 100	Lanes the entire way
4 X 400	3 curve stagger
4 X 800	1 curve stagger

Running Event Order

1:00	3200 m Relay	4 X 800	Boys	
1:15	3200 m Relay	4 X 800	Girls	
1:30	Hurdle Shuttle	4 X 70	36", 39"	Boys
1:40	Hurdle Shuttle	4 X 60	30", 33"	Girls
1:50	3200 m Medley	1600,400, 400, 800	Boys	
2:05	3200 m Medley	1600, 400, 400, 800	Girls	
2:15	800 m Relay	4 X 200	Boys	
2:25	800 m Relay	4 X 200	Girls	
2:30	400 m Relay	4 X 100	Boys	
2:35	400 m Relay	4 X 100	Girls	
2:45	Distance Medley	1600, 800, 800, 1600	Boys	
3:10	Distance Medley	1600, 800, 800, 1600	Girls	
3:30	1600 Medley	200, 200, 400, 800	Boys	
3:40	1600 Medley	200, 200, 400, 800	Girls	
3:50	1600 Relay	4 X 400	Boys	
4:00	1600 Relay	4 X 400	Girls	