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Stadium Sports Grill High School

Classic

January 12, 2019

**Field Events:**

9:15am Shot Put G/B

 Pole Vault B/G

 High Jump G/B

 Long Jump B/G

 Triple Jump B/G (to follow long jumps)

**Running Events:**

10:30am Sprint Medley Relay (2, 2, 4, 8) G/B

 60m Dash Prelims G/B

 60m Hurdle Prelims G/B

 1600m Run G/B

 400m Dash G/B

 60m Dash Final (2 heats) G/B

 60m Hurdle Final G/B

 800m Dash G/B

 200m Dash G/B

 3200m Run G/B

 4x400m Relay G/B

\*Meet Information\*

**Please read carefully, meet management may adjust set up once entries are submitted. We want to run a meet that efficiently allows opportunities for your student/athletes to succeed.**

**Entries**: Unlimited. Entries Due by Thursday at midnight, January 10, 2019. Please go to [www.runnercard.com](http://www.runnercard.com) and find the Stadium Sports Grill HS Classic to register.

**Finals:** We will take the top 16 to finals in the boys and girls 60m dashes, slow heat first. One heat final in the hurdles. Shot put, long jump, and triple jump will be flighted and each athlete will get 4 attempts. We will have scratch lines as well, and will measure first legal effort, at that point the athlete must attain a mark beyond the scratch line to get a measurement.

If an athlete exceeds the following marks those individuals will get 2 more efforts at the end of their respective flight.

Girls LJ: 15-6 Boys LJ: 19-9

Girls TJ: 31-6 Boys TJ: 39-0

Girls SP: 33-6 Boys SP: 45-6

**Starting heights:** the following are the tentative starting heights for the PV and HJ. Alterations may be made when size of fields are ascertained.

Girls HJ: 4-2

Girls PV: 6-6

Boys HJ: 5-2

Boys PV: 9-6

**Entry Fee:** Entry fee will be $5.00 per athlete entered. Make checks payable to BHSU Track and field.

**Implement Weight-ins:** Shots will be weighed in 1 hour prior to competition, at the throwing area.

**Starting Blocks:** Will be provided.

**Spikes:** Up to 1/4” Pyramid spikes only.