****

Stadium Sports Grill High School

Classic

January 16, 2015

**Field Events:**

9:15am Shot Put G/B

 Pole Vault G/B

 High Jump G/B

 Long Jump B/G

 Triple Jump B/G (to follow long jumps)

**Running Events:**

10:30am Medley Relay (600, 200, 400, 800) 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 (2 heats) 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. We may seed the 200’s 45min prior to anticipated start to ensure full heats.**

**Entries**: Unlimited. Entries Due by Wednesday at midnight, January 14, 2015. 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 dashes and hurdles, slow heat first. 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.

Now, 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: 19-0

Girls TJ: 31-8 Boys TJ: 38-0

Girls SP: 32-9 Boys SP: 43-6

**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, with a cap of $200.00 for each gender. 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.