

EQUIPMENT:

- All athletes must wear **SPIKES NO LONGER THAN ONE-EIGHTH INCH.**
- Anyone with longer spikes will be disqualified from all events.
- Starting blocks will be provided.

SCORING:

- All events will have six places scored: **10-8-6-4-2-1**

AWARDS:

- Medals for six places in all events.

CLEAN-UP: Please pick up all the litter in the areas around your team camp and bus parking area. **YOUR COOPERATION IS APPRECIATED!!**

SCHEDULE OF EVENTS

FIELD EVENTS: 1:00 P.M.

- **BOYS & GIRLS LONG JUMP**
- **BOYS DISCUS-** followed by girls
- **BOYS HIGH JUMP-** followed by girls
- **GIRLS SHOT PUT-** followed by boys
- **GIRLS & BOYS TRIPLE JUMP-** following the finish of long jump
- **GIRLS POLE VAULT-** followed by boys

RUNNING EVENTS: 3:00 P.M.

- **3200 RELAY FINALS**
- **100 INTERMEDIATE HURDLES PRELIMS- GIRLS**
- **110 M HIGH HURDLES PRELIMS- BOYS**
- **100 M DASH PRELIMS**
- **400 M RUN**
- **3200 M RUN**
- **200 M DASH PRELIMS**

A short break may be taken to set hurdles, etc. depending on weather conditions

- **100 M HIGH HURDLES FINALS- GIRLS**
- **110 M HIGH HURDLES FINALS- BOYS**
- **100 M DASH FINALS**
- **800 M RUN**
- **300 M LOW HURDLES- GIRLS**
- **300 M INTERMEDIATE HURDLES- BOYS**
- **200 M DASH**

- 1600 M RUN
- THROWERS 400 M RELAY (WILL HEAT AT START LINE)
- 400 M RELAY
- 1600 M RELAY

WAKEFIELD SCRATCH AND ADD SHEET

SCHOOL _____ BOYS GIRLS (CIRCLE ONE)

BRING WITH YOU ON THE DAY OF THE MEET AND TURN INTO THE _____ A ½ HOUR PRIOR TO THE STARTING TIME.

CHANGES IN FIELD EVENTS CAN BE MADE AT THE EVENT

SCRATCH	ADD(just add if not over limit)
100 _____ _____ _____	_____ _____ _____
200 _____ _____ _____	_____ _____ _____
400 _____ _____ _____	_____ _____ _____
800 _____ _____ _____	_____ _____ _____
1600 _____ _____ _____	_____ _____ _____
3200 _____ _____ _____	_____ _____ _____