

FIELD EVENTS – ALL BEGIN AT 10:00 AM

ALL MHSAA RULES OF COMPETITION WILL BE IN EFFECT!

POLE VAULT – two entries. (Men will vault first – Women to follow)

Women's starting height will be 8' 00" / Men's starting height will be 11' 00"

Raises will be in six inch increments until 3 competitors remain – then we will go three inch raises.

PLEASE DO NOT ENTER ATHLETES THAT ARE NOT ABLE TO CLEAR OPENING HEIGHTS!

LONG JUMP – two entries. (Men first – Women to follow – four jumps / no finals)

OPEN ORDER: Men will have 2 hours to complete their jumps. 10:00 – Noon.

Women will have warm ups from Noon – 1:00.

Women will begin at 1:00 and then have two hours to complete their jumps.

HIGH JUMP – two entries. (Women jump first – Men to follow)

Women's starting height will be 4' 06" / Men's starting height will be 5' 06"

First raise will be a three inch increment. Additional raises will be two inch increments.

SHOT PUT – two entries. (Women throw first – Men to follow – four throws / no finals)

Schools will throw in flights. Five schools per flight. This event will not be seeded.

Flights to be announced the day of the event as the entries are always quite fluid.

Shot puts will be weighed.

TRACK EVENTS – EVENTS BEGIN AT 10:00 am

ROLLING TIME SCHEDULE IN THE FOLLOWING ORDER

Women will compete first on the track in 2017

ALL MHSAA RULES OF COMPETITION WILL BE IN EFFECT!

(The actual number of heats in each event will be determined by number of entries on meet days. Heats will be filled.)

ALL EVENTS WILL BE F.A.T. TIMED.

1/4" pyramid spikes will be allowed in competition.

4 x 800 Meter Relay One entry per school.

60 Meter Hurdle Semi Finals Two entrants per school. (top 16 to finals – FAT Timed)

NOTE: Heat winners are not guaranteed a spot in the finals. Finals determined only on time.

60 Meter Dash Semi Finals Two entrants per school. (top 16 to finals – FAT Timed)

NOTE: Heat winners are not guaranteed a spot in the finals. Finals determined only on time.

Distance Medley One entry per school.

(1200 – 400 – 800 – 1600)

60 Meter Hurdle Finals

PLEASE NOTE! In both the 60 Hurdle Finals and 60 Dash Finals there will be Two Heats.

Heat two will be top 8 times from semi finals. Heat one will be top 9 – 16 times from semi finals.

Top eight FAT times will score. Top six FAT times will medal.

60 Meter Dash Finals

800 (4 x 200) RELAY One entry per school.

1600 Meter Run Two entrants per school.

4 x 400 Meter Relay One entry per school.

SEE NEXT PAGE FOR MORE INFORMATION!