

Track & Field (10/10/16)

1. Order of Events:

Girls run first, followed by boys

- a. 55-meter Hurdles
 - i. 105 lb weight class (30")
 - ii. Open weight class, girls (30")
 - iii. Open weight class, boys (33")
- b. 100-meter dash
 - i. 90 lb. weight class
 - ii. 105 lb. weight class
 - iii. 120 lb. weight class
 - iv. Open weight class
 - v. All non-scoring runners
- c. 1600 meter run
- d. 4 x 100-meter relay
 - i. 90 lb. weight class
 - ii. 105 lb. weight class
 - iii. 120 lb. weight class
 - iv. Open weight class
- e. 400-meter dash
- f. 800-meter run
- g. 200-meter dash
- h. 4 x 400 meter relay

High Jump, Shot Put and Long Jump are held concurrently.
Long Jump – 90 minute time limit.

2. Number of Participants permitted in each event

- a. A participant may compete in only three (3) events per meet.
- b. A participant may compete in only one (1) relay per meet.
- c. Maximum of three (3) participants in "A" heat of hurdles and dashes. If necessary, subsequent non-scoring heats will run.

3. Scoring