

Meet Format

4x800	2 sect	30 min	3 teams per school
55h	8 sections	30-40 min	12 entries 4 per team
55d	12 sections	30-40 min	18 entries 6 per team
4x200	6 sections	15-20 min	3 teams per team
1600	2 sections	18-20 min	12 entries 4 per team
500	8 sections	15-20 min	12 entries 4 per team
1000	4 sections	15-20 min	12-15 entries 4-5 per team
300	10 sections	10-15 min	15 entries 5 per team
3200	2 sections	30-40 min	12-15 entries 4-5 per team
4x400	4 sections	20-25 min	two teams per school

Meets start at 12 and finish about 3-3:30.

Only 25 **spectators** are allowed starting in January.

Sprints-Use every other lane. Blocks only for the first two heats or 6 people. Disinfected after boys and girls first 6 athletes.

Field Events-Remotely competed at practice during the week. Results submitted by Thursday. Individual implements and poles for athletes.

Region 6c-top 3 per event at districts + top 12 marks excluding top 3 qualify for regionals.

Districts-each team can enter 3 per event.