

Indoor High School Meet #1

Hosted by MARIETTA COLLEGE

HS OPEN #1 – Saturday, January 12, 2008 - MEET EVENT SCHEDULE

10:00 AM FIELDHOUSE OPENS

FIELD EVENTS

*Times in () are approximate. We will run ahead of schedule whenever possible.

12:00 NOON WEIGHT THROW (GIRLS AND BOYS) 4 throws
(1:00) SHOT PUT (BOTH GIRLS AND BOYS) 4 throws
(3:00) FOLLOWED BY HIGH JUMP (BOTH GIRLS AND BOYS)

12:30 PM LONG JUMP (BOYS THEN GIRLS) 4 jumps
(3:00) FOLLOWED BY TRIPLE JUMP (BOTH BOYS AND GIRLS) 4 jumps

12:30PM POLE VAULT (GIRLS THEN BOYS)

RUNNING EVENTS

1:00 PM NATIONAL ANTHEM

1:10PM 4 x 200m RELAY (GIRLS THEN BOYS)
(1:25) 55m HURDLES (prelims) (GIRLS THEN BOYS) top 14 to final
(1:45) 55m DASH (prelims) (GIRLS THEN BOYS) top 16 to final
(2:05) 4 x 800m RELAY (GIRLS THEN BOYS)
(2:35) 55m HURDLES (finals) (**BOYS THEN GIRLS**)
(2:45) 55m DASH (finals) (GIRLS THEN BOYS)
(2:55) 1600m RUN (GIRLS THEN BOYS)
(3:20) 400m DASH (GIRLS THEN BOYS)
(3:45) 800m RUN (GIRLS THEN BOYS)
(4:10) 200m DASH (GIRLS THEN BOYS)
(4:40) 3200m RUN (GIRLS THEN BOYS)
(5:10) 4 x 400m RELAY (GIRLS THEN BOYS)
(5:30) APPROXIMATE MEET CONCLUSION

1. Please do not enter the infield area with spikes on – except for the high jump apron. Change spikes on the grey carpeting near the finish line or on any other part of the Mondo surface. Pole vaulters must stay on the black floor runners. No spikes in the team camp area on the brown floor covering or outside of the track area.
2. All athletes should check in at the clerks table for a hip number then report to the clerk 10 minutes prior to the start of their event to confirm her/his entry.
3. Except where indicated, events will be conducted as heats against time.
4. Faster sections will be run last in running events.
5. Spikes longer than 3/16" pyramids are **not** permitted. _" spikes will be accepted only on a recessed sole and on the pole vault runway.
6. Heat and lane assignments will be posted
7. Results will be posted at the conclusion of each event.
8. Absolutely no entries the day of the meet except field events.
9. Jumping surfaces are the same as the track surface (Mondo Super X).
10. Throwing surface will be wood.
11. Weight throw – bags only! Weight will be thrown from cage.
12. Implement weigh-in room - at the south end of the fieldhouse, right side.