

## NOTES FOR SECTIONALS

### 4:30PM Field Events

Pole Vault-	Opening height is 8'3
High Jump-	Opening height is 4'7
Long Jump-	2 boards run at the same time
Triple Jump-	First flight will go when long jump finals start
Discus-	Will go first
Shot Put-	First flight will start during finals of discus

### 6:00PM Track Finals

6:00PM 3200 METER RELAY (1 Heat)  
6:15PM 400 METER RELAY (2 Heats)  
6:25PM 3200 METER RUN (2 Heats)  
6:55PM 100 METER HIGH HURDLE FINALS (4 Heats)  
7:10PM 100 METER DASH FINALS (4 Heats)\*  
7:25PM 800 METER RUN (3 Heats)  
7:40PM 800 METER RELAY (2 Heats)  
7:55PM 400 METER DASH (4 Heats)\*  
8:20PM 300 METER INTERMEDIATE HURDLES (4 Heats)  
8:35PM 1600 METER RUN (2 Heats)  
8:55PM 200 METER DASH FINALS (4 Heats)\*  
9:15PM 1600 METER RELAY (2 Heats)

\*Anticipated wheelchair entries in these events—wheelchair events will run **FIRST**  
**Time schedule will not be moved up as the meet progresses.**

### Important Changes!!!

1. You may NOT warm up on the track after 6:00—except for hurdlers/wheelchair athletes. Use the area on the outside of the track.
2. NO HEADPHONES on in the areas of competition. You are risking being disqualified if you use them.
3. Please check in at the appropriate time—you will all need hip numbers.
4. Athletes are NOT allowed on the field to cheer. You will need to cheer from the fence or bleachers.
5. High jumpers—you can use chalk.
6. Long/Triple jumpers—no marks on the runway. Let's get some popsicle sticks...

BUS TIMES—3:00 for field eventers—4:15 for everyone else.

Pack your bag on Thursday—make sure you have spikes for your shoes and have lots of clothing for any type of weather. Food/water/sustenance please!