Varsity District Meet

Thursday, April 15th 2010

**Prelims/Finals:** We will have prelims and finals in the field events. **ALL RUNNING EVENTS** will be finals.

**Scoring:** Individual 8-6-4-2-1 Relays 8-6-4-2

**Starting Heights:** HJ Boys 5-6 Girls 4-4

PV Boys 9-6 Girls 7-0

**Awards:** Medals will be given to 1st, 2nd, and 3rd place in all events

**Start Time:** **Field Events 3:45 Running Events 4:00**

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Athletes in the throws, long, and triple jump will get 3 attempts in prelims and 3 in finals.

We will take 6 to finals.

Boys Shot *followed by*: Girls Shot

Boys Long Jump *followed by*: Girls Long Jump

Boys Javelin *followed by*: Girls Javelin

Boys Pole Vault *followed by*: Girls Pole Vault

Girls Discus *followed by*: Boys Discus

Girls High Jump *followed by:* Boys High Jump

Girls Triple Jump *followed by*: Boys Triple Jump

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***Running Events 4:00***

No prelims; Finals only

4:00 G 4 X 800 relay

4:15 B 4 X 800 relay

4:30 G 100 HH

4:40 B 110 HH

4:55 G 100

5:00 B 100

5:05 G 1600

5:15 B 1600

5:25 G 4 X 100

5:30 B 4 X 100

5:35 G 400

5:45 B 400

6:00 G 300 LH

6:10 B 300 IH

6:15 G 800

6:20 B 800

6:25 G 200

6:30 B 200

6:40 G 3200 (may combine)

6:55 B 3200

7:10 G 4 X 400

7:20 B 4 X 400