



TOP 8 ORDER OF EVENTS

FIELD EVENTS:

ESTIMATED SCHEDULE

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

Long Jump: 9:00AM

Pit 1 – closest to Parking lot BOYS LONG JUMP

Pit 2 – closest to discus ring—GIRLS LONG JUMP

BEST 3 JUMPS – TOP 8 JUMPERS GO TO FINAL AND GET 3 ADDITIONAL JUMPS

30 MINUTE BREAK FOR JUDGES AND WORKERS

Triple Jump to follow long Jump (SAME RULES- BEST 3 – GO TO FINALS)

Pit 1 – GIRLS TRIPLE JUMP

Pit 2 – BOYS TRIPLE JUMP

HIGH JUMP: 9:00AM

GIRLS –FIRST

BOYS TO FOLLOW



DISCUS: 9:00AM (SAME RULES- BEST 3 – GO TO FINALS)

GIRLS FIRST

BOYS TO FOLLOW

30 MINUTE BREAK FOR JUDGES AND WORKERS

SHOT PUT: 1:00PM (SAME RULES- BEST 3 – GO TO FINALS)

GIRLS – FIRST

BOYS TO FOLLOW

POLE VAULT : 9:00AM

GIRLS – FIRST

BOYS TO FOLLOW



TOP 8 ORDER OF EVENTS

TRACK EVENTS:

ESTIMATED SCHEDULE

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

- 9:00AM ~~Coaches Meeting~~—SCRATCHED- See Handout
- 10:30AM Seeded 400M RELAY: VG (2H), VB (2H)
- 10:42AM Seeded 1600M: VG, VB, (1H each gender of 14)
- 11:00AM Seeded 100H/110H: VG (3H), VB (3H)
- 11:18AM Seeded 400M: VG (2H), VB (2H) (two heats of 8)
- 11:30AM Seeded 100M: VG (2H), VB (2H) (two heats of 8)



12:00 PM National Anthem

The Invitational athletes are separate from the Seeded athletes!

There will be no substitutes in these events if someone scratches.

12:10 PM Invitational 1600m – 1H VG and VB (1H each gender of 10)

12:30 PM Invitational 400m – – 1H VG and VB

12:40 PM Invitational 100m – 1H VG and VB

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

12:50PM Seeded 800M: VG (2H), VB (2H)

1:10PM Seeded 300IH: VG (2H), VB (2H)

1:22PM Seeded 200M: VG (3H), VB (3H)

1:34PM Seeded 3200M: VG, VB, (1-2 Heats each gender 12, [max 24 entries])

2:06PM Seeded 4x800: VG, VB, (1-2 Heats each gender)

2:38PM Seeded 1600M RELAY: VB, VG (2 Heats of each gender)

To follow: Coaches Relay- Not timed. Optional



Changes to the meet>

Due to many kind request:

1. The Invitational 1600 will have 10 athletes. We did this to eliminate the chance of any last minute scratches. We feel if it were less than 8 in The Top 8 Invite—this would not be good. This does not hold for the 100 or 400 since these are laned events and run very close to the seeded events. We should be able to keep these lanes full.
2. In the 1600 seeded we will run 1 heat of 14 for each gender. Once the final program is made we will not add alternates.
3. For the 3200, and 4 x800 these fields are filled. We will attempt to run 1 heat for each gender. In the 3200 there are 24 runners accepted—this includes alternates. If this become too much we will split into 2 heats of 12 for each gender. However given the history of this event with last minute scratches we will try to stick to 1 heat per gender.
4. For the 4x 800 since this is a relay we will attempt 1 heat again if this becomes too much we will equally divide this into 2 heats.
5. Please note that as Meet Director – we realize there is no perfect solution for all schools. We are here to promote your athletes and we will try to make a best and honest effort for ALL ATHLETES.
6. Coaches relay: this will be run at the end. Some have asked me can they combine with other schools. Simple answer – we are here to have fun.. So be safe. And of course our athletes want to see us make that perfect handoff. (4x100)- Medals awarded.
7. If time permits, we can add a Throwers relay—must be throwers who have competed at Top 8. We do have Medals for them as well. (4 x100).