

ALL-CITY TRACK MEET

DATE: April 2, 2022

TIME: 9:30 (START)—9:00(COACHES MEETING)

PLACE: MOSES F. MILLER STADIUM

RUNNING EVENTS

- 3 PARTICIPANTS PER SCHOOL—INDIVIDUAL EVENTS
- 1 RELAY TEAM PER SCHOOL—RELAY EVENTS

*** ALL TIMED FINALS**

FIELD EVENTS

- 3 PARTICIPANTS PER SCHOOL—PER EVENT
- SHOT PUT—3 THROWS, ALL MEASURED
- DISC—3 THROWS ALL MEASURED
- LONG JUMP—3 JUMPS ALL MEASURED
- HGH JUMP—NORMAL RULES APPLY

COACHES ASSIGNMENTS

HIGH JUMP— CAPITAL HILL, NORTHWEST CLASSEN

LONG JUMP— CLASSEN SAS,

SHOT PUT— DOUGLASS

DISC— U.S. GRANT

HURDLES- STAR SPENCER, CAPITAL HILL, CLASSEN SAS, US GRANT,
DOUGLASS

HEATING- JOHN MARSHALL(*MUST PROVIDE 3-4 HELPERS TO HELP RUN
HEAT SHEETS*)

SCORING- SOUTHEAST (*MUST PROVIDE 3-4 HELPERS TO HELP RUN HEAT
SHEETS*)

EXCHANGE ZONES- N.W. CLASSEN (1), SOUTHEAST (2),
DOUGLASS (3)

****** OUR OFFICIAL STARTER WILL BE JOHN SALVADOR.....*

******COACHES, PLEASE BRING TAPE MEASURES, RAKES, AND SHOVELS IN
ORDER TO RUN OFF ASSIGNED FIELD EVENTS PROPERLY.*

ALL SCHOOLS ARE ASKED TO CLEAN UP TEAM AREAS FOLLWING THE MEET.

ORDER OF EVENTS

9:00 AM COACHES MEETING

RUNNING EVENTS (METERS)

10:00 AM	400 RELAY	GIRLS/BOYS
	3200 RELAY	GIRLS/BOYS
	100H/110H	GIRLS/BOYS
	800	GIRLS/BOYS
	100	GIRLS/BOYS
	400	GIRLS/BOYS
	800 RELAY	GIRLS/BOYS
	300H	GIRLS/BOYS
	3200	GIRLS/BOYS
	200	GIRLS/BOYS
	1600	GIRLS/BOYS
	1600 RELAY	GIRLS/BOYS

FIELD EVENTS

9:30 AM	SHOT PUT	GIRLS/BOYS
	DISC	BOYS/GIRLS
	LONG JUMP	GIRLS/BOYS
	HIGH JUMP	BOYS/GIRLS

**** INDIVIDUAL MEDALS WILL BE AWARDED TO ALL 1ST, 2ND, AND 3RD PLACE FINISHERS.

**** TEAM AWARDS BE AWARDED TO ALL 1ST AND 2ND PLACE TEAMS.
**** TEAM POINTS ARE AWARDED ON A 10, 8, 6, 4, 2, 1, ON INDIVIDUAL RACES. DOUBLE POINTS FOR ALL RELAY RACES.