

# Lecanto Early Bird Invitational

## February 12, 2019

### **Time Schedule:**

(Special Note: this is the itinerary barring unforeseen circumstances. Also, pole vault will begin as soon as Coach Byrne is ready. So, that will supersede what is written below)

Coaches' Meeting: 3:15

Girls HJ, Pole Vault: First calls 3:10, Second Calls 3:15, Third Call 3:20. BEGINS at 3:30

3200 Relays: first calls 3:25, second calls 3:30, third calls 3:35. Race begins at 3:45

Field Events: Same calls for 3200 relays with events beginning at 3:45

After 3200 Relays=

1. 300 hurdles
2. Slower heats of the mile
3. Girls 3200 Meter Run

Once field events are winding down, the meet will begin on a rolling schedule in traditional order of what is left: High Hurdles, 100 Meter, 1600 Meters, 400 Meter Relay, 400 Meters, 800 Meters, 200 Meters, Boys 3200 Meter Run, 1600 Meter Relay

### **Field Events:**

ALL will go and report and take one throw, jump in the order. ALL flights will get one score in. Then, we will take the top 10-12 results and set a standard that must be met to get measured. Thus, all will have at least one mark.

### **Officials: field event judges will be at their venue between 3:15-3:20**

*Games Committee/Meet Director:* LHS Coaching Staff= A Rausch, P Rausch, T Bowman, B Simmons, P LaBarbara (please contact one of them for any concern)

*Starter-* Ron Allan

*Timer-* Dan Epstein

*Clerk of the Course-* Kim Head, Jennifer Sorel

*High Jump-* Lisa Carter

*Pole Vault-* Tim Byrne

*Girls Long/Triple Jump-* Brian Sullivan

*Boys Long/triple Jump-* Amanda Lewis

*Shot Put-* John Weil

*Discus-* Peter Rausch

*Hurdles-* LHS athletes

*Venue Assistants-* Kris Schirmer, Becky Forteau , LMS athletes

Basic rules will be utilized: all running reports to chute, no one on infield once races begin, laned races must begin and end in lanes and not interfere with any other lane, field events can have no one in venue until a judge appears and once it concludes no more participation in that venue.