

SPANISH RIVER LAST CHANCE TRACK & FIELD MEET TUESDAY, APRIL 2, 2024

This information will determine the heats and lane assignments for our track meet. Four (4) athletes are allowed in each event. Only ¼ inch or smaller pyramid (cone) or needle spikes are allowed!!!

COACHES PLEASE NOTE:

- Entry Fee: \$125 per Gender or \$200.00 per school with both girls and boys teams. Please be sure to bring your check with you if you haven't paid yet.
- All entries must be with a verified time. No "made-up" times.
- Coaches will pick up their packets from the infield at the timing tent. Entry fee will be due at this time, or your team will not participate.
- All running events are timed finals. Fastest heat will run first, slower heats will follow
- Long Jump, Triple Jump, Shot Put, Discus and Javelin: first flight will be the top seeded competitors.
- Meet will adhere to the following prescribed heights and incremental increases until only one jumper remains. Opening heights will be the closest height listed:

High Jump: 1.17, 1.22, 1.27, 1.32, 1.37, 1.42, 1.47, 1.52, 1.57, 1.62, 1.67, 1.72, 1.77, 1.82, 1.87, 1.92, 1.97, 2.02, 2.07, 2.12, 2.17, 2.22

Pole Vault: 1.50, 1.65, 1.80, 1.95, 2.10, 2.25, 2.40, 2.55, 2.70, 2.85, 3.00, 3.15, 3.30, 3.45, 3.60, 3.75, 3.90, 4.05, 4.20, 4.35, 4.50, 4.65, 4.80, 4.95

- SCORING: All events including relays will be scored 10-8-6-5-4-3-2-1
- Each athlete will get three attempts in the shot put, discus, LJ and TJ
- For throwing events, we will only measure the best throw of each competitor.

- **Here are meet assignments for each school:**

- Shotput-
- Discus-
- High Jump-
- Long Jump/Triple Jump (Boys)-
- Long Jump/Triple Jump (Girls)-
- Pole Vault-
- Javelin-

Please Note: Discus and Javelin will be on our practice field which are about 200m from the track (southeast of the track)

- For throwing events, we will only measure the best throw of each competitor.
- The meet will be scored and timed by MogoTiming with live results.
- The restrooms near the track are small. There will be additional restrooms available 200m south of the track in the theater.
- There is an entry fee for spectators. Here is the QR Code for purchase of a ticket in advance.

TIME SCHEDULE/ORDER OF EVENTS

3:45pm-Coaches Meeting

4:00pm-Field Events Begin

Girls & Boys Long Jump simultaneous (2 runways) followed by Triple Jump

Girls Shot Put followed by Girls Discus followed by Girls Javelin

Boys Discus followed by Boys Javelin followed by Boys Shot Put

Girls High Jump followed by Boys High Jump

Girls & Boys Pole Vault-Combined

4:15pm-4x800m Relay

5:00pm-(Rolling Schedule)

100/110m HURDLES

100m

1600m

4x100m RELAY

We will take a short intermission to recognize our Spanish River HS Seniors

400m

400m HURDLES

800m

200m

3200m

4x400m RELAY