

**Wildwood Invitational
Wildcat Stadium
Saturday, February 27**

Coaches,

The infield will be kept of all athletes unless waiting for an event or during high jump.

Once running begins, track is closed. Hurdlers will be allowed a 15-20 minute warm up after the 3200 relays.

Help may be needed in field events.

Calls will be made at a steady pace. Do not have athletes check in until called. Once clerked in, remind athletes to stay in area.

Thanks

ORDER OF EVENTS:

8:40 AM Coaches Meeting

9:00 AM Field Events Begin

Field events:

First Calls: Girls Javelin, Boys Disc, Girls Shot, Boys High Jump

Following above: Boys Javelin, Girls Disc, Boys shot, Girls High Jump

(For long and triple jump : Top flight first to establish scorers, then the remaining jumpers getting first legal jump measured and not marking any jumps that are shy of the standard. There is only one pit; this will maximize use of it)

9:15 3200

10:30 4x800

HURDLE WARM UP TIME after 3200 relays and then on to rolling schedule below

100

800 METERS

4 x 100

400

300 hurdles

200 meters

MILE RUN

4x400