



Monday, April 29<sup>th</sup> (3:45 Field Events Start Time)

- Please use 1/8" spikes only
- **Event Restrictions**
  - Each contestant can participate in any 4 events
  - 3 contestants per school will be accepted for running events, 4 for field. If there are 7 in a heat, we may ask two to share a lane.
  - The 800M and 1600M can have up to 5 contestants per school
  - Only one relay team per school (we will allow a second team but it won't be scored)
- **Scoring**
  - Relays 6-4-2
  - Individual events 6-4-3-2-1
  - \*\* only 2 participants from the same school may score points per event
- **Timing**
  - We will have timers for the first 5 finishers. If you would like to get the times of finishers beyond 5<sup>th</sup> or would like to help time, please report to the starting line before the start of the hurdles.
- **Field Events**
  - Each school will be responsible for running one field event
    - Long Jump
    - Discus
    - Shotput - TSJ
    - High Jump – Zion Belleville
    - Softball Throw

## Event Order

**All events will be called from the starting line. There will be a first, second and final call to events. Running events take precedent over field events.**

1. Boys High Jump then Girls
2. Boys Shot Put then Girls (8lb shot only)
3. Boys Triple Jump then Girls
4. Girls Long Jump then Boys
5. Girls Discus then Boys
6. Girls Softball throw then Girls
7. Boys 110M Hurdles
8. Girls 110M Hurdles
9. Boys 7<sup>th</sup> Grade 4x100 Relay
10. Girls 7<sup>th</sup> grade 4x100 Relay
11. Boys 8<sup>th</sup> Grade 4x100 Relay
12. Girls 8<sup>th</sup> Grade 4x100 Relay
13. Boys 400M
14. Girls 400M
15. Boys & Girls 1600M
16. Boys Varsity 4x200 Relay
17. Girls Varsity 4x200 Relay
18. Boys 6<sup>th</sup> grade 100M
19. Girls 6<sup>th</sup> grade 100M
20. Boys 7<sup>th</sup> grade 100M
21. Girls 7<sup>th</sup> grade 100M
22. Boys 8<sup>th</sup> grade 100M
23. Girls 8<sup>th</sup> grade 100M
24. Boys & Girls 800M
25. Boys 200M
26. Girls 200M
27. Boys 1600M Relay
28. Girls 1600M Relay

Contact Coach Clint & Jennifer Dunn with questions

618-670-9647 or 618-580-4026