

## **ALL FIELD EVENTS!**

TOP TWO ATHLETES FROM EACH COMPETING SCHOOLS BEST EFFORT IS ADDED UP TO GET TEAM SCORE.  
MEDALS TO ALL THREE CONTESTANTS IF YOUR TEAM FINISHES TOP SIX.

### **LONG JUMP NOTES:**

TWO PITS – MEN & WOMEN JUMP SIMULTANEOUSLY      THREE JUMPS EACH CONTESTANT.  
PITS OPEN FROM 10:00 am – 1:00 pm      ALL Warm up runs MUST be completed prior to 10:00 am start.  
GET YOUR JUMPS IN WITHIN THE TIME LIMIT OR LOSE YOUR JUMPS.

### **HIGH JUMP NOTES:**

WOMEN JUMP FIRST.      BAR BEGINS AT 4' 03"      RAISES ARE AS FOLLOW  
4' 06" / 4' 09" / 4' 11" AND THEN TWO INCH INCREMENTS UNTIL COMPLETION.

*COACHES PLEASE UNDERSTAND THAT THIS EVENT IS THE MOST DIFFICULT TO KEEP ORGANIZED.*

*TIME LIMITS WILL BE STRICTLY ENFORCED – YOU HAVE BEEN WARNED.*

*DON'T HAVE YOUR HIGH JUMP ATHLETES WAITING IN CLERKING LINES IF THEY ARE IN A RUNNING  
EVENT. USE A STAND IN FOR THEM IN THE CLERK LINES AND SHUFFLE THEM BACK & FORTH.*

*IF WE DO OUR JOBS AS COACHES IN THIS EVENT WE CAN BE FAIR TO EVERYONE!*

MEN'S HIGH JUMP BEGINS ONE HOUR AFTER THE COMPLETION OF THE WOMEN.

BAR BEGINS AT 5' 03"      RAISES ARE AS FOLLOW.

5' 06" / 5' 09" / 5' 11" AND THEN TWO INCH INCREMENTS UNTIL COMPLETION.

### **POLE VAULT NOTES:**

MEN & WOMEN WILL VAULT SIMULTANEOUSLY! TWO PITS WILL BE OPERATIONAL.

BAR BEGINS AT 7' 00" FOR THE WOMEN. BAR BEGINS AT 10' 00" FOR MEN.

ALL RAISES WILL BE SIX INCH INCREMENTS.

## **\*\*\*\*\*FLIGHTS FOR SHOT AND DISCUS THROWS\*\*\*\*\***

### **WOMEN THROW THE SHOT PUT FIRST.**

**FOR THE WOMENS DISCUS – ALL FLIGHTS WILL REMAIN THE SAME.**

FLIGHT ONE – WOMEN

*SALINE "A" / DEXTER / SALINE "B" / PINCKNEY*

FLIGHT TWO – WOMEN

*LIVONIA CHURCHILL / GRAND BLANC / MACOMB DAKOTA / TOLEDO ROGERS*

FLIGHT THREE – WOMEN

*AA PIONEER / ROMULUS / ROBICHAUD*

FLIGHT FOUR – WOMEN

*FRASER / SOUTH LYON EAST / FENTON / ROMEO*

FLIGHT FIVE – WOMEN

*WOODHAVEN / AA HURON / WAYNE MEMORIAL*

### **MEN THROW THE DISCUS FIRST.**

**FOR THE MENS SHOT PUT - ALL FLIGHTS WILL REMAIN THE SAME.**

FLIGHT ONE – MEN

*ADRIAN / FRASER / SOUTH LYON EAST / FENTON*

FLIGHT TWO – MEN

*WOODHAVEN / CANTON / WAYNE MEMORIAL / ROMEO*

FLIGHT THREE – MEN

*SALINE "A" / DEXTER / SALINE "B" / PINCKNEY*

FLIGHT FOUR – MEN

*LIVONIA CHURCHILL / GRAND BLANC / MACOMB DAKOTA / TOLEDO ROGERS*

FLIGHT FIVE – MEN

*AA PIONEER / ROMULUS / ROBICHAUD / DETROIT MARTIN LUTHER KING*