

### **THROWERS RELAY RULES!**

**THE RELAY WILL GO BOY – GIRL – BOY – GIRL.**

*Athletes that compete in this event must have thrown either the shot put or discus in this meet.  
This is an non scored meet so .... PLEASE DON'T USE "RINGERS". BE FAIR TO ALL PLEASE.*

### **POLE VAULT NOTES:**

**MEN VAULT FIRST.** BAR BEGINS AT 10' 00" ALL RAISES WILL BE SIX INCH INCREMENTS.

**WOMEN'S VAULT BEGINS 45 MINUTES AFTER THE COMPLETION OF THE MEN'S EVENT.**

**WOMEN'S BAR BEGINS AT 7' 00". ALL RAISES WILL BE SIX INCH INCREMENTS**

### **LONG JUMP NOTES:**

**FOUR JUMPS EACH CONTESTANT.**

**GET YOUR JUMPS IN WITHIN THE TWO AND 1/2 HOUR TIME LIMIT OR LOSE YOUR JUMPS.**

**MEN JUMP FIRST.**

**MEN'S PIT OPEN FROM 10:00 – 12:30**

**WOMEN'S WARMUPS FROM 12:30 – 1:15**

**WOMEN'S PIT OPEN FROM 1:15 – 3:45**

### **HIGH JUMP NOTES:**

**WOMEN JUMP FIRST.** WOMEN'S BAR BEGINS AT 4' 04" RAISES ARE AS FOLLOW.

**4' 07" / 4' 10" / 5' 00" AND THEN TWO INCH INCREMENTS UNTIL COMPLETION.**

**DON'T BE HOLDING UP THE SHOW. TIME LIMITS WILL BE ENFORCED!**

**DON'T BE STANDING WAITING TO RUN WHEN YOU COULD BE JUMPING!**

**MEN'S HIGH JUMP BEGINS 45 MINUTES AFTER THE COMPLETION OF THE WOMEN.**

**MEN'S BAR BEGINS AT 5' 04" RAISES ARE AS FOLLOW**

**5' 07" / 5' 10" / 6' 00" AND THEN TWO INCH INCREMENTS UNTIL COMPLETION.**

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

**WOMEN THROW THE SHOT PUT FIRST.**

**FLIGHTS WILL REMAIN THE SAME FOR WOMEN'S DISCUS AFTER MEN ARE FINISHED.**

#### **FLIGHT ONE – WOMEN**

**BRIGHTON / FENTON / HARTLAND / PINCKNEY**

#### **FLIGHT TWO – WOMEN**

**ADRIAN / ALLEN PARK / AA GABRIEL RICHARD / AA PIONEER**

#### **FLIGHT THREE – WOMEN**

**WOODHAVEN / FARMINGTON / LAKE FENTON / FLINT POWERS CATHOLIC**

#### **FLIGHT FOUR – WOMEN**

**LINDEN / MACOMB DAKOTA / MIDLAND / NORTHVILLE**

#### **FLIGHT FIVE – WOMEN**

**MIDLAND DOW / PONTIAC NOTRE DAME PREP / SALEM / WESTLAND JOHN GLENN**

**MEN THROW THE DISCUS FIRST.**

**FLIGHTS WILL REMAIN THE SAME FOR MEN'S SHOT PUT AFTER WOMEN ARE FINISHED.**

#### **FLIGHT ONE – MEN**

**LINDEN / MACOMB DAKOTA / MIDLAND / NORTHVILLE**

#### **FLIGHT TWO – MEN**

**MIDLAND DOW / PONTIAC NOTRE DAME PREP / SALEM / WESTLAND JOHN GLENN**

#### **FLIGHT THREE – MEN**

**BRIGHTON / FENTON / HARTLAND / LIVINGSTON CHRISTIAN**

#### **FLIGHT FOUR – MEN**

**ADRIAN / ALLEN PARK / AA GABRIEL RICHARD**

#### **FLIGHT FIVE – MEN**

**WOODHAVEN / FARMINGTON / LAKE FENTON / FLINT POWERS CATHOLIC**