

**TRI COUNTY INDOOR TRACK LEAGUE**

**ORDER OF EVENTS FOR ALL MEETS**

**ALL EVENTS ARE TIMED FINALS**

**NO Pre-Entry FOR OPEN 300 & 800 RACES, Open SP, Open LJ, Open TJ**

**These Are Not Recorded by Officials, Coaches Record**

Open 300-girls, boys (At 8:00 or 3:00) Triple jump begins at 8:00 or 3:00pm.

Open 800 including Racewalk -girls, boys

4 X 200M Relay-varsity girls, varsity boys, frosh girls, frosh boys

50/55 Hurdle Final-frosh girls (30"); varsity girls (33");

frosh boys (36")varsity boys (39")

4 x 800M Relay-varsity girls, varsity boys: **THERE IS NO FROSH RACE!**

300M-varsity girls, boys: (First 5 heats in lanes, then waterfall)

**THERE IS NO FROSH RACE!**

1500M-varsity girls, frosh girls

1600M-varsity boys, frosh boys

600M-varsity girls, frosh girls, varsity boys, frosh boys

3000M & 3200m-varsity girls & varsity boys together: **NO FROSH RACE**

1000M-varsity girls, frosh girls, varsity boys, frosh boys

45/55-varsity girls, varsity boys, frosh girls, frosh boys

4 X 400M Relay-varsity girls, varsity boys, frosh girls, frosh boys

Shot Put-varsity girls, varsity boys, frosh girls and frosh boys; open

**4 THROWS FOR VARSITY ONLY.**

Triple & Long Jump-varsity Flight up to 6 varsity entries.

**3 Jumps Only V**-Triple Boys, V-Triple Girls. Varsity Boys Long then Varsity

Girls Long. After all varsity entries then if time allows Open Pit for

FROSH Triple and Long Girls and Boys and Open Long and Triple.

**Pole vault-continuous bar starting at 5' Moves up 6"**

**High Jump-continuous bar starting at 3'6". The bar goes up 3 inches at a**

**time until the bar is at 4'6". It then goes up 2 inches at a time until**

**there is one girl left. The boys wait until 5'6" to go up 2".**

**CONVERSIONS: 45M TO 55M .9, BOYS; 1.1, GIRLS)**

**50MH TO 55MH (.5, BOYS; .7, GIRLS)**

**ALL ENTRIES ARE TO BE MADE ON Milesplit. Entries close at 10pm on the night before. Minimal changes will be allowed until 8am for am meets and 3:00 for pm meets, after that time only scratches will be allowed.**

Leaderboard- Girls- wolintodd@gmail.com

Boys- tgreene411@yahoo.com