

## Scottsburg Home Meets

### Meet Information

- Coaches meeting 20 minutes before the start of the meet at the Finish Line
- First call for field events will be 10 minutes prior to the start of the meet
- First call for the girls 100 hurdles will be the start of the meet
- Girl's events will be run first
- A contestant may not enter or compete in more than four events
- There is no limit of entrants per school per event
- Only one relay team from each school will be scored
- Places for sprint races will be determined from the fastest times of all heats for that event
- There can be up to two runners for each heat per each school for tri meets and 3 for dual

### Scoring

### Individual Events

### Relays

Dual Meet

5-3-1

5

Tri Meet

5-3-2-1

5-3

### Field Events (Opening Heights can be decided by coaches, but suggestions are listed below)

High Jump (Girls : 3'6, Boyas: 4')

Pole Vault (5'6 for both)

Long Jump

Shot Put (Girls: 6 lbs, Boys: 4 kg)

Discus (Girls: 1 kg, Boys 1.6 kg)

### Running Order Of Events

100 Hurdles/110 Hurdles

100 meter dash

4x200 meter relay

1600 meter run

4x100 meter relay

400 meter dash

800 meter run

200 meter dash

4x400 meter run