

Location: Western Hills High School, 100 Doctors Drive Frankfort KY Meet Director: Christian Adair adair.christian@gmail.com or 859.519.7431

Timer & Official: Frank Miklavcic

Cost: FREE

IN CASE OF INCLEMENT WEATHER check www.twitter.com/trackteaminfo

Email team roster by March 24th to: fmiklavcic@aol.com - Write the number on the top of the right hand with a black marker. We may ask for assistance to manage field events, the more help we receive the more efficient we become. Athletes limited to 4 total events, you may enter unlimited entries, but limit 2 relays.

CHECK IN TIME- your athletes needs to be standing at the 100 meter starting areas at least one event before their running event.

Events 5:30 Rolling schedule

- 1. 3200 m Relay G/B
- 2. 100 m Hurdles G/B
- 3. 100 m Sprint G\B
- 4. 800 m Relay G/B
- 5. 1600 m Run G/B
- 6. 400 m Relay G/B
- 7. 400 m Dash G/B
- 8. 300 m Low Hurdles G/B
- 9. 800 m Run G/B
- 10. 200 m Sprint G/B
- 11. 1600 m Relay G/B

ORDER OF FIELD EVENTS: check in at the event location:

Long Jump: Open Pit

High Jump: Boys 1st Girls 2nd
Shot Put: Boys 1st Girls 2nd
Discus: Girls 1st Boys 2nd
Pole Vault Girls 1st Boys 2nd

No Triple jump or 3200 run will be contested.