

NORTH LAUREL ALL COMERS – 5/1/12

NEW 8 LANE RUBBERIZED TRACK SURFACE

5:15 PM Coaches Meeting at the Finish Line.

5:30 PM FIELD EVENTS

Boys Shot Put followed by Girls
Girls Discus followed by Boys
Boys High Jump followed by Girls
Girls Pole Vault followed by Boys

OPEN PITS

Girls and Boys (combined) Triple Jump 5:30 – 6:15
Girls and Boys (combined) Long Jump 6:30 – 7:30

5:40 PM RUNNING EVENTS

4x800
100/110 Hurdles
100
4x200
1600 (Girls and Boys **may** be ran at the same time.)
4x100
400
NLHS Senior Presentations (5 minutes while hurdles are being set)
300 Hurdles
800
200
3200 (Girls and Boys **will** be ran at the same time.)
4x400

All field events will be contested over three throws/jumps (no finals).
All individual events will be limited to five entries per school.
Relay events will be limited to two entries per school.
Hand timing (Sprint 8) will be used.
Ron Wilson will serve as the meet official.

SCORING: Based on number of teams per Rule 2.1.2.
Only 2 individuals per school and only one relay per school will be scored.

A \$5 admission will be charged for spectators. Concessions will be available.

Please send a Hytek roster via email to coachbradford@gmail.com NLT April 26th. If you, your coaches, or parents wish to help run an event or time, please email your preferences along with your roster.