**Track & Field (9 March 2011)**

Location: Montgomery County High School, 724 Woodford Drive, Mont Sterling, KY 40353 Meet Director: Edward Stepanchuk, Edward.stepanchuk@montgomery.kyschools.us or 859.361.8495 Starter: Tim Henderlight Timer & Official: Frank Miklavcic

Entry Fee: **Free for Time Trials**

Cost: $3 Adult/$2 Student/5 and under free

Email Hytek team roster no later than March 7 to fmiklavcic@aol.com – Write the athlete numbers on the top of the right hand with a black marker. We need assistance to manage field events, and exchange zones. Athletes are limited to 4 total events, unlimited entries. Field events are limited to 3 attempts. \*Concessions will be available.

**CHECK IN –** Your athletes are to be at the 100 meter starting area no later than 2nd call.

**Track Events 5:00 Rolling Schedule:**

1. 3200 Relay (combined G/B) 2. 100HH G 3. 110HH B (be ready to help raise hurdles to proper position) 4. 100 m Sprint G/B 5. 800 m Relay (4 x 200) G/B 6. 1600 m Run G/B 7. 400 m relay (4 x 100) G/B 8. 400 m dash G/B 9. 300 m intermediate Hurdles G/B (be ready to help raise hurdles to proper position) 10. 800 m Run G/B 11. 200 m Sprint G/B 12. 3200m Run (combined G/B) 13. 1600 m Relay G/B

**Field Events: 5:00 Rolling schedule (check in at event location):**

Long Jump: Open Pit boys and girls at the same time opposite directions 5:00-6:00

Triple Jump: Open Pit boys and girls at the same time opposite directions 6:00-7:00

High Jump : B/G

Shot Put : B/G

Discus: G/B

Pole Vault: Will not be contested.