Wolverine Open @ Western Hills High School March 25th 2011

**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

**NO ENTRY FEE – THIS IS A FREE MEET MANAGED BY COACHES**

Cost: $5 Adult / $2 student / Free for 5 & under

 \*\*\*IN CASE OF INCLEMENT WEATHER\*\*\* check [www.twitter.com/trackteaminfo](http://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 need assistance to manage field events, and exchange zones - the more help we receive the more efficient we become. Athletes are limited to 4 total events, unlimited entries. Field events are limited to 3 attempts.

**CHECK IN**- your athletes are to be at the 100 meter starting area at least one event before their event.

Track Events 5:30 Rolling schedule

1. 3200 m Relay G/B
2. 100h G
3. 110h B (Please be ready to help raise and move hurdles to proper position)
4. 100 m Sprint G\B
5. 800 m Relay G/B
6. 1600 m Run G/B
7. 400 m Relay G/B
8. 400 m Dash G/B
9. 300 m Low Hurdles G/B (Please be ready to help raise and move hurdles to proper position)
10. 800 m Run G/B
11. 200 m Sprint G/B
12. 3200 (TBD at coaches meeting on the day of the meet)
13. 1600 m Relay G/B

Field Events: 5:30 Rolling schedule (check-in is at the event location)

Long Jump: Open Pit boys and girls can go at the same time

\*No Triple Jump

High Jump: Boys 1st Girls 2nd

Shot Put: Boys 1st Girls 2nd

Discus: Girls 1st Boys 2nd

Pole Vault Girls 1st Boys 2nd (You must have a certified coach on staff for your athlete to participate)