

3/16" Pyramid Spikes Only. No athlete will be permitted to participate in their event until their spikes have been checked first. Failure to comply will result in disqualification. Spikes will be for sale at the Clerk of the Course for \$1 per shoe.

All throwing implements will be weighed prior to competition.

Surface: Installed in 2014 - Brand new BEYNON Synthetic BSS 1000 ML Full-Pour Blue Track Surface.

Running Events:

- 100m, 200m, 400m, 800m, 100/110H & 300H: 3 entries per team per level for each of these events **note: Boys Frosh/Soph 110 hurdles will 36" (intermediate height)**
- 1600m: 3 entries per team per level.
- No 3200m - the 4x800 will be run instead.
- 4 x 100m Relay 1 entry per team per level.
- 4 x 400m Relay 1 entry per team per level

Field Events:

- A 1 minute time limit will be in effect for all field events.
- Long Jump, Triple Jump, High Jump, Shot Put & Discus: 3 entries per level. 3 Attempts for lower levels, 4 for varsity
- LJ & TJ: Boys in the east pit, girls in the west pit. We will use an open pit but Varsity has priority on the runway.
- Pole Vault: 3 entries per team, per gender, per level

Opening Heights:

- High Jump Opening heights or a higher agreed upon height: G Var 4'06" | B Var 5'06" | G JV 4'02" | B JV & F/S 5'02"
- Pole Vault 3 entries per level; Opening heights or a higher agreed upon height: G Var 7'00" | B Var 10'00" | G JV 6'06" | B JV 9'00" | B F/S 8'00"