

**E.P.C. Sub-Varsity Meet @ Parkland**  
**Wednesday, 4/19/17 @ 5:00 pm**  
**Notes and Schedule**

**General Comments**

- Everybody will be able to compete
- Athletes may compete in more than 4 events
- Running events – Girls will go first
- Field Events are Open Pit **BUT** should follow order below
- **Coaches from all schools will help run the field events**
- Times will be given to the athletes on the track. Emphasize to stay in lane until times are reported. Athletes can then report times to their coaches
- Athletes should listen for calls and report to starting line or field event site at the first call. As always running events will take precedence over field events.

**Field Events - The following will begin at 5:00**

- Pole Vault – Boys and girls combined – Start at low height and move up; Bar does not lower- Be there for your starting height.
- High Jump – Boys and girls combined – Start at 3’ 9” and move up; Bar does not lower; - Be there for your starting height
- Boys & Girls Long Jump – Open Pit
- Girls & Boys Triple Jump – Open Pit
- Boys’ Javelin followed by Girls’ Javelin
- Discus will begin when Javelin is over; (if time is short, we will throw boys and girls together)
- Girls’ shot put followed by boys shot put; (this event is last as it can be under the lights)

**Running Event Order – (Girls first – Boys Second)**

- 100/110 Meter Hurdles
- 100 Meter Run
- 1600 Meter Run
- 400 Meter Run,
- 300 Meter Hurdles
- 800 Meter Run
- 200 Meter Run
- 3200 Meter Run