

## **E.P.C. Sub-Varsity Meet @ PME Wednesday, 04/05/17 @ 4:00 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 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 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 4:00

- Pole Vault – Boys and girls combined – Start at low height and move up
- High Jump – Boys and girls combined – Start at low height and move up
- Boys Long Jump – Followed by Girls Long Jump
- Girls' Triple Jump – Followed by Boys Triple Jump
- 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

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