

Middle School Meets at Western Hills

Meet Director: Christian Adair Christian@sprintism.com
HYTEK roster file to Frank Miklavcic fmiklavcic@aol.com

Date: WEDNESDAYS; March 19, 26, April 2, 16, 23, 30, May 7

Address: 300 Bondurant Drive, Frankfort, KY

Email: Email your Hytek Team Manager rosters at least three days to fmiklavcic@aol.com N so you can get a return list of competitor numbers. (NO faxed or written entries) Your rosters will be rolled over each meet. Competitor numbers go on the right hand with a magic marker. Write clearly with the bottom of the numbers toward the fingertips.

Admission: of \$3.00 will be charged for non-participants & spectators including children to help pay for Frank Miklavcic's services. Only competing athletes are allowed in the infield. Everyone else should be in the stands. Restrooms are available in the white building.

Order of Events

FIELD EVENTS 5:30

Only 3 jumps or throws, all jumps should be completed by 7:00

1. Girls & Boys long jump open pit at the same time-**if there is enough time**, we will run B&G triple jump.
2. Girls & Boys high jump together (girls start at 3'6", boys at 4') the high jump will not be delayed. Athletes have 10 minutes to get to and from a running event. They do not need to stand in line for the 100 for 25 min. etc. Athletes may take their jumps out of order in order to get to a running event. (No one is to jump unless there is an official at the venue)
3. Boy's discus followed by Girl's discus (no one is to throw unless there is an official at the cage)
4. Girl's shot put (6#) followed by Boy's shot put (4kg) (no one is to throw unless there is an official at the ring)
5. Girls & Boys turbojav (no one is to throw unless there is an official at the venue)
6. Girls & Boys pole vault (no one is to practice or jump unless there is an official at the venue)

TRACK EVENTS 5:30

Remind all athletes to be quiet at the starting lines to be able to hear instructions. Acceleration zones can be used for the 4x200 relay and 4x100 meter relay. Those markings are the small red triangles and small yellow triangles. Competitor numbers will be recorded in marshalling areas. Have your teams line up in single file in a lane so we can keep from having team members compete against each other.

Marshalling area will be behind the starting line for the following events:

1. 100 hurdles (starting line white)
2. 100 (starting line white)

Marshalling area will be behind the Tahoe Truck at the finish line for the following events:

3. 4x200 (starting line-red, first two exchange zones are red to red, last exchange is yellow to yellow)
4. 1600 (starting line-white line / may be run B&G together)
5. 4x100 relay (starting line-white / line-exchange zones are yellow to yellow)
6. 400 (starting line-white line / depending on # of participants, we may run use the waterfall)
7. 800 (waterfall starting line)
8. 200-meter dash (starting line white) marshalling area will be behind the 200-meter starting line
9. 4x400 relay (starting line white-exchange zones are blue to blue, #2 can cut in when clear, #3, #4 are California exchange)

HELP: Hurdles need to be moved off the track after the last boy's 100-hurdle race.
Blocks need to be moved to finish line after the last boys 100, help cleanup trash after