

Tiffin High School Open #2

January 13, 2019

Spike Rule: 1/8-inch pyramid spikes are the only accepted spikes. Athletes are only permitted to wear spikes on the Indoor Track and in the Turf Room. **Spikes will be check in and shoes tagged at clerking station.**

Field – All field events **START AT 12PM** *PV Pit open at 11 am, Boys, Weight Throw 11 am, All others 11:30 am for warmup.*

Boy's & Girl's Long Jump (Separate Pits)

Boys Weight- Girls to follow ONE RING ONLY THIS MEET

Boys Shot AFTER Girls Weight, Girls weight to follow boy's weight. ONE RING ONLY THIS MEET

Girl's Pole Vault – Boy's to follow

Boy's High Jump – Girl's to follow

- Shot and Weight will be contested simultaneously in separate areas, both on the inside of the track.

Boy's & Girls Triple Jump (Separate Pits)

- Triple Jump will be contested at the conclusion of the Long Jumps; BOTH PITS will be used.

This will be the same time schedule for ALL HS meets until further notice. Main difference is that we are running two TJ pits at the same time. Please post an updated schedule.

Thanks!

12pm (EST): all running events are Girls first, except for the hurdle prelims and finals, Boys first in prelims, Girls first in the final.

This is a Rolling Time Schedule.

4x800mR

60m Prelims – 16 to finals

60m Hurdles Prelims – 16 to finals (Boys followed by Girls)

*only 16 athletes will go to finals if more than 17 athletes are in the prelims.

If less than 16 but more than 8 are entered it will be one heat of 8 final in the hurdles and dash.

600m

400m

1600m

60m Final

60H Final (Girls followed by Boys)

800m

4x200mR

3200m (Will Combine Genders based on entries)

200m

4x400mR

*Preferred Lanes for the 200, 400, 4x200mR, and 4x400mR are as follows; 6-5-4-3-2-1

*Preferred Lanes for the 60m and 60mH are 4-5-3-6-2-7-1-8

*600, 800, 1600, 3200, 4x800mR, and DMR will all use at waterfall start

