

MARATHON SPRING FLING

Thursday, April 12, 2018 (**Rain Date 4/13 or 4/19**) Starting Time-4:00 PM

Limit to 12 Teams. First Come First Serve. Email Intent to jamest@marathonschools.org. Entry Fee: \$200 per school

Order of Events & Important Instructions for Attending Coaches

1. Please Enter Your Athletes by 12:00 PM on Wednesday April 11th to MileSplit.com. You must keep this deadline. If you have trouble meeting this deadline because of classes then send entries on Tuesday Evening. There will be no changes.
2. You are limited to 5 Entries per individual event and 2 Entries per Relay. Please use your best judgment since we are restricted by daylight.

G 100 M Hurdles Followed by B 110 M Hurdles

G/B Sprint Medley Relay (400, 200, 200, 800) (Southern Cayuga we can score this as a 4X8 or Run the 4X8 Here)

G/B 100 M Dash

G/B 1500/1600 M Run

G/B 400 M Relay

G/B 400 M Dash

G/B 400 M Hurdles

G/B 800 M Run

G/B 200 M Dash

G/B-3000/3200 M Run

G/B 1600 M Relay

G/B-2000/3000 M Steeple (Weather, time & interest permitting- Enter interested athletes & decide at the last minute on race day)

B & G Long Jump Open Pit 4:15-5:15 (3 Jumps, No Finals)

B & G Triple Jump Open Pit 5:15-6:16 (3 Jump, No Finals)

G-High Jump and B High Jump Simultaneous

B Shot Put Followed by G Shot Put (3 Throws, No Finals)

G-Discus Followed by B Discus (3 Throws, No Finals)

G-B-Pole Vault-Girls Enter @ 6 ft, Boys Enter @ 7 ft. (We will run together unless entries warrant differently)

THIS YEAR WE WILL BE PROVIDING CERTIFICATES AND SOUVENIOR PINS TO THE TOP 6 IN EACH EVENT.

E-MAIL WITH ME YOUR INTENT TO ENTER.