

BANGOR HIGH SCHOOL

BANGOR OPEN

TUESDAY, APRIL 11, 2017

LOCATION: Bangor High School, 700 10th Avenue South, Bangor, WI

TIME: Coaches Meeting 3:30pm Infield area of the track. (Starting line)
4:00pm-Field Events
4:30pm-Running Events

ENTRIES: UNLIMITED ENTRIES

You will be allowed scratch and replace. No additions. Replacement names will not be entered.

ENTRY PROCEDURES:

Step 1: Register online at www accuracetimeing.com
Step 2: Submit entries by going on www accuracetimeing.com
Step 3: Click on Upcoming Meets and find the BANGOR OPEN.
Final entries are due **4/9/2017 (Sunday) 10:00pm**

ALL EVENTS ARE RUN AS FINALS (slowest heats to fastest)

SPIKES: Spikes may be worn on all runways, approach areas, and the track itself (1/4 inch). No pin or “Christmas tree” spikes please. Also, please do not use athletic tape on track for marks in field events. Chalk will be provided.

SCORING: No team scores will be kept.

STARTING HEIGHTS:	High Jump	Boys - WBD	Girls - WBD
	Pole Vault	Boys 6'0"	Girls 5'0"

SHOT PUT: Girls first until completion	boys to follow	4 throws (no finals)
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DISCUS: Boys first until completion	girls to follow	4 throws (no finals)
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POLE VAULT: Boys first until completion	girls to follow
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LONG JUMP: Girls/Boys Cafeteria Format to conclusion	4 jumps (no finals)
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TRIPLE JUMP: Boys/Girls Cafeteria Format to conclusion	4 jumps (no finals)
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HIGH JUMP: Girls first until completion	boys to follow
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AWARDS: No awards

TEAM AREAS: Please set up camps alongside the high school —south side of track.

CONCESSIONS: Concessions will be available on site.

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**ORDER OF EVENTS
GIRLS FIRST AND BOYS TO FOLLOW**

4:00 PM All Field Events

Shot Put 4 Throws-No Finals-Girls first girls to follow

Discus 4 Throws-No Finals-Boys first boys to follow

Triple Jump 4 Jumps-cafeteria, no finals

Long Jump 4 Jumps-cafeteria, no finals

High Jump – girls first boys to follow
We will use the “five alive” procedure.

Pole Vault Starting Height—Boys first girls to follow
We will use the “five alive” procedure.

4:30 PM All Running Events

3200M Relay (may run as a combined boys and girls heat)

100/ 110M High Hurdles

100M Dash

1600M Run

800M Relay

400M Dash

400M Relay

300M Intermediate Hurdles

800M Run

200 M Dash

3200M Run

1600M Relay

Schedule: We will not follow a definitive time schedule. The running portion of the meet will begin with the 4x800 relay and proceed as quickly as we can in order to accommodate all how must travel any distance. Heats will be based on slowest to fastest with NO finals.