

# BANGOR HIGH SCHOOL BANGOR OPEN TUESDAY, APRIL 10, 2018

**LOCATION:** Bangor High School, 700 10<sup>th</sup> 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](http://www accuracetimeing.com)

Step 2: Submit entries by going on [www accuracetimeing.com](http://www accuracetimeing.com)

Step 3: Click on Upcoming Meets and find the BANGOR OPEN.

Final entries are due **4/8/2018 (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.

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

**SHOT PUT:** Boys first until completion      girls to follow      4 throws (no finals)

**DISCUS:** Girls first until completion      boys to follow      4 throws (no finals)

**POLE VAULT:** Girls first until completion      boys to follow

**LONG JUMP:** Girls/Boys Cafeteria Format to conclusion      4 jumps (no finals)

**TRIPLE JUMP:** Boys/Girls Cafeteria Format to conclusion      4 jumps (no finals)

**HIGH JUMP:** Boys first until completion      girls to follow

**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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BANGOR OPEN  
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**ORDER OF EVENTS**

**4:00 PM All Field Events**

**Shot Put 4 Throws**-No Finals-Boys first girls to follow

**Discus 4 Throws**-No Finals-Girls first boys to follow

**Triple Jump 4 Jumps**-cafeteria, no finals

**Long Jump 4 Jumps**-cafeteria, no finals

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

**Pole Vault Starting Height**—Girls first boys 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.