

GNC Track Meet
Hosted by Menominee High School
2101 18th Street Menominee, MI 49858
Thursday, May 25, 2017 2:30 PM CST

Competing Schools:	Escanaba	Gladstone	Kingsford
	Marquette	Menominee	Stephenson

Time Schedule : All times are Central Standard Time

2:00 PM - Coach's Scratch Meeting (This will take place by the start/finish line.) An appeals committee will be formed during this meeting.)

2:30 PM - Pole Vault - Boys first - Starting height for the boys is 9'0" and the girls 6'0". **Required:** You must have the pole vault contestant card completed before you vault.

3:00 PM - All other field events start - Girls will go first in the shot and high jump. Boy's will go first in the discus. Starting height for high jump will be 4'2" for the girls and 5'4" for the boys.

All **shots and discs** must be weighed in by the field judge. This will take place at the field house in the southeast corner of the track. Those apparatuses that don't make weight, will be detained until the end of the meet.

Long jump will have an open pit from 3:00 PM - 4:30 PM. Boy's final will begin at 4:30 PM followed by the girls.

3:25 PM - Welcome and announcements

3:30 PM - Running events Girls will run first.

Online Entry Deadline Tuesday 05/23/2017 3 PM You will be using www.directathletics.com. At the conclusion of the event, results will be uploaded to Athletic.net.

Scoring - Scoring for the event will be 10-8-6-4-2-1 for individual and 10-8-6-4-2 for relay events.