

**NIC – 10 Varsity Girls Indoor Track & Field Championship**  
**Thursday, March 15<sup>th</sup> 2018**

Location: Auburn High School

Time: Field Events 4:30  
Running Events 5:00

Entries: 4 athletes per school (Varsity Only)  
1 Relay per school

Admission: Adults - \$5  
Students with ID - \$3

**Order of Events**

***Field Events:***

4:30 Shot Put, High Jump, Long Jump, and Pole Vault  
Triple Jump 30 minutes after conclusion of Long Jump  
**\*\*Long Jump and Triple Jump only 4 attempts no finals**  
**\*\*Shot Put 3 Throws, Top 9 to Finals 3 More Throws**

6:30 Triple Jump

***Running Events:***

5:00 4X800M Relay (1 Heat)  
5:15 3200M Run (2 Heats)  
5:45 60M High Hurdles (4 Heats)  
5:55 60M Dash (5 Heats)  
6:05 800M Run (3 Heats)  
6:20 4X200M Relay (2 Heats)  
6:35 400M Dash (7 Heats)  
6:55 200M Low Hurdles (10 Heats)  
7:15 1600M Run (3 Heats)  
7:45 200M Dash (7 Heats)  
8:05 4X400M Relay (2 Heats)  
8:30 Awards / Results

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We are using online entries thru DirectAthletics.com. You will need to create a team account and use the website for your entries. Directions are on the Directathletics.com and attached. Please contact me if you have any questions.

**Due Date: NO later than 7:00 PM on Wednesday, March 14<sup>th</sup>. The website will not allow late entries!**

- Fully Automated Timing
- We will run ahead of schedule if possible.
- Starting blocks will be provided
- 1/8 inch spikes only. *Athletes will be instructed to take off spikes as soon as they finish each race.* Violating this rule will result in removal from the meet for the participant and the school will forfeit the event and place that participant finished in.
- Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>, and ribbons for 4<sup>th</sup>, and 5<sup>th</sup>.
- A team trophy will be awarded for the first place team.
- Scoring will be: 10 – 8 – 6 – 4 – 2 – 1
- All 4 athletes may score from your team

Any questions please contact Danny Savage (Head Girls Track & Field Coach)  
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