2016 Grizzly Quad

April 26, 2016

2:00 PM SCRATCH MEETING

**FIELD EVENTS**

2:30 PM JAVELIN – GIRLS FOLLOWED BY BOYS

3:00 PM SHOT PUT – GIRLS FOLLOWED BY BOYS

POLE VAULT – GIRLS FOLLOWED BY BOYS

(BOYS JUMP IN AT DESIRED HEIGHTS)

 DISCUS – BOYS FOLLOWED BY GIRLS

 HIGH JUMP – GIRLS FOLLOWED BY BOYS

 LONG JUMP (OPEN PIT UNTIL 4:00)

 TRIPLE JUMP (OPEN PIT UNTIL 4:00)

RUNNING EVENTS

4:00 PM GIRLS/BOYS 3200 M. RUN

 GIRLS/BOYS 4X200 RELAY

 GIRLS/BOYS 100/110 HURDLES

 GIRLS/BOYS 100 M. DASH

 GIRLS/BOYS 800 M RUN

 GIRLS/BOYS 4X100 RELAY

 GIRLS/BOYS 400 M. DASH

 GIRLS/BOYS 300 HURDLES

 GIRLS/BOYS MEDLEY RELAY

 GIRLS/BOYS 200 N. DASH

 GIRLS/BOYS 1600 M. RUN

 GIRLS/BOYS 4X400 RELAY

**2016 Grizzly Quad**

* This meet is used as a last chance qualifier for your athletes before district. There will not be any trophies presented for winning this meet.
* Scoring will be 7-5-4-3-2-1 for individual events and 10-8-6-4-2-1 for relays.
* Ribbons will be awarded for 1st thru 6th place.
* Long jump, Triple jump, Shot Put, Discus and Javelin will all get 4 throws and no finals. Athletes will be given 60 minutes from the start of the event to complete their preliminary attempts and then will be scratched if not completed.
* All running events are finals.
* Only one relay per team.
* Starting blocks will be provided. You may bring and use your own.
* Tape and tennis balls permitted.
* Only coaches and contestants that are warming up are allowed to be on the infield. Absolutely no parents permitted.
* Javelin will be thrown on the football field.
* All rules that govern Track and Field through the National Federation and NMAA will apply.
* All events will be seeded slowest to fastest with fastest being the last heat.
* **Three** entries will be allowed for each event.
* We will have scratch lines at 30ft for girls and 40ft for boys in the shot, 80ft for girls and 100ft for boys in disc, 85ft girls and 110 ft boys in the jav. Will mark all first throws.