Mike Tooley Relays 2019 3:00 pm Thursday March 14, 2019 Tiger Stadium

2:00-2:30 – Weigh In (in track shed East side of stadium)

2:15 -2:45 – Scratch Meeting (no write ins)

**Entries:** You may enter 5 athletes per event. One relay per team. Registration must be made on [www.runnercard.com](http://www.runnercard.com) . Deadline will be Tuesday, March 12, at 9:00pm.

**Field Events:** All throwing events, Long Jump, and Triple Jump will have 4 attempts with no finals. Pole Vault and High Jump will begin at an opening height as determined at the coaches meeting. Pole Vault and High Jump will be permitted 3 attempts per height until eliminated due to 3 misses at their highest attempt.

**Running Events:** All running events will be timed finals.

3:00-3:30 Girls/Boys 3200 Meter Run

Boys/Girls Long Jump Open Pit

 Boys/Gilrs High Jump Open Pit

 Girls Shot Put

 Boys Discus

 Girls Javelin

3:30-4:00 Boys/Girls Triple Jump Open Pit

 Boys/Girls Pole Vault Open Pit

 Boys Shot Put

 Girls Discus

 Boys Javelin

4:00 **Running Events Start (Girls first then Boys)**

 3200 Meter Run – 3:00 pm

100 Meter Dash

 100 Meter Hurdles/110 Meter High Hurdles

 4 x 100 Meter Relay

 200 Meter Dash

 800 Meter Run

 4 x 200 Meter Relay

 400 Meter Dash

 1600 Sprint Medley Relay

 300 Meter Hurdles

 1600 Meter Run

 4 x 400 Meter Relay