

Bellevue vs. Sandusky

Tue 3-28-23

Meet Notes:

1. There will be NO long jump at this meet. The pit is not ready. By rule Sandusky will be awarded 9 points in both boys and girls for this event. Do not enter any athletes in this event, so that you may use them in other events and we don't have to shuffle the lineups on meet day!

2. Relays: The 4x800 relays will be combined boys/girls. (If it is extremely chilly we can combine the 4x200, 4x100 relays as well with girls running using lanes 1-4 and boys 5-8, but we prefer to run them separately).

3. the 3200m runs will be combined boys/girls. (Again if the weather warrants, we can combine the 1600m runs as well...)

4. We will have High Jump and Pole Vault weather permitting, girls go first in both. In pole vault boys and girls can warm up together with the boys joining in as the bar goes up.

5. We will take scratches and changes on Tuesday. Please make all changes in the tower prior to 4:30 so that we can deliver the changes at the start line for the officials.

6. Relay zone markings are standard. (4x1-all yellow, 4x2-red, red, yellow)