

THERE WILL NOT BE ANY PACKETS HANDED OUT. EVERYTHING IS POSTED HERE ON BAUMSPAGE.

Please print out anything you wish to have with you.

It would be great if you print, sign and email the verification sheet back to me. If not bring it with you.

We are posting all performance list and heat sheets on Track Meet Mobile, which you can download on your app store, and here on Baumspage,. Track meet mobile is free to use unless you want results.

Please read the throwing information sheet. We have changed the format this year.

We are not running semi-finals, everything will be a timed final.

That being said, please re-evaluate the times you have turned in. It's easy to look on Baumspage and Milesplit and see the performances your athletes have run thus far. Some of the times turned in are greatly inflated. Please be honest.