

Sullivan Boys Triangular-Tuesday 5/7/24

Meridian, Monticello, Sullivan

(No Entry Limits)

Field events Start at 4:00pm (4 Jumps/Throws/No finals)

Long Jump Ran in Flights on New East Runways
Triple Jump Ran in Flights on New East Runways (Following Completion of Long Jump)
Discus Ran in Flight (Using North and South Rings)
Shot Put Ran in Flights (Using North and South Rings) (Following Completion of Discus)
High Jump
Pole Vault

Running Events Start at 5:00: Rolling schedule after first event.

3200m Run @ 5:00 PM
4x800m Relay
4x100m Relay
110m Hurdles
100m Dash
800m Run
4x200m Relay
400m Dash
300m Hurdles
1600m Run
200m Run
4x400m Relay

Notes:

1. Staging will be in the North Chute across from the Victory Field Football Shed.

2. Exchange Zone Assignments:

4x100 Zone 1 Yellow to Yellow
4x100 Zone 2 Yellow to Yellow
4x100 Zone 3 Yellow to Yellow

4x200 Zone 1 Red to Red
4x200 Zone 2 Red to Red
4x200 Zone 3 Yellow to Yellow

4x400 Relay Blue to Blue Meet Official
4x800 Relay Blue to Blue Meet Official

3. Break-line Assignments:

4x800
800m Run

4. Hurdle Settings:

Girls 100m Hurdles: Yellow Marks, One Notch from the Lowest Setting
Boys 110m Hurdles: Blue Marks, One Notch from the Highest Setting
Girls 300m Hurdles: Red Marks, At Lowest Setting
Boys 300m Hurdles: Red Marks, On Middle Notch