

## **Festus Early Bird Meet 2018**

**Date:** March 23rd and 24<sup>th</sup>, 2018

**Site:** Tiger Stadium @ Festus R-6 Campus

**Admission:** For athletes and coaches free.... Everyone 5 and older is \$3 and students are \$2.

**Time:** Field Events start at 9:00 am and running events at 10:30. A brief coaches meeting will begin at 8:15am in the track shed located at the northeast corner of the track. **You will be allowed to only make scratches, no additions.** The scratch meeting will end promptly at 8:45 am. Please review the attached starting times for field events. We reserve the right to change starting times if need be.

**Awards:** Individual/Relay awards (t-shirts) 1st through 3rd place.  
1st place plaques for Men/Women total team points.

**Scoring:** 10-8-6-5-4-3-2-1

**Surface:** 8 Lane rubberized track. We allow 3/16" and below on the track and runways. NO TAPE ON THE TRACK!

**Seeding:** Heats/Flights will be seeded by time and distances entered.

**Field Events:** There will be a minimum throw line (shot and discus) and a minimum jump line (triple jump and long jump). All competitors will have at least one attempt measured. The throwing areas are NOT located at the track. They are behind the high school. It is within walking distance for athletes. Head coaches please advise your jumping and throwing coaches so we don't have any confusion at the event. Long jump, triple jump, shot, and discus competitors will be given three attempts. High Jump and Pole Vault we will be vaulting the top 20 in each division boy and girls.

**Varsity events that will be run on Friday night during the JV meet**

**4x1600**

**DMR**

**5000 meter run**