

Welcome To LITTLESTOWN HIGH SCHOOL			FIELD EVENTS:
Littlestown vs.			Throwing Events Below North End of Track
Field Event Warm ups 3:15			Maximum 5 Throwers For Each Throwing Event
Start time: 3:30 Field 3:45 Track unless mutually agreeing to start earlier.			Four (4) Final Throws
3/16" spikes preferred. 1/4" Maximum length			Throwing area is down over the hill & will not hear announcements
3200 Relay	2 Teams Max		3:30 Boys Javelin
	Boys and Girls run simultaneously		Girls Javelin
	Hurdle Crew, Set to Boys Height, Blue Marks		Girls to immediately follow Boys
110H Boys	3 Heats if necessary		After the conclusion of Javelin
	Hurdle Crew, Lower Hurdles move to Yellow Marks		Boys Shot
100H Girls	3 Heats		Girls Discus
	Hurdle Crew, Clear Track, move to 300 H Marks		To Follow
100M Dash Boys	5 Heats if necessary		Boys Discus
100M Dash Girls	5 Heats if necessary		Girls Shot
1600M Run Boys			
1600M Run Girls			
400 Relay Boys	3 Teams Max, Must determine team for Points		3:30 Horizontal Jumps--- Open Pit Four (4) Final Jumps;
400 Relay Girls	3 Teams Max, Must determine team for Points		No Maximum Jumpers for Each Event
400M Dash Boys	2 Heats		Boys & Girls Triple Jump
400M Dash Girls	2 Heats		After conclusion of Triple Jump:
			There will be a 15 minute Warm up Period For Long Jump:
	Hurdle Crew...		Boys & Girls Long Jump
300 Hurdles Boys	2 Heats		
	Hurdle Crew, reset for Girls Height		No Maximum of # of Jumpers
300 Hurdles Girls	2 Heats		Vertical Jumps
	Hurdle Crew, Remove Hurdles from Track		3:30 Girls High Jump
800M Run Boys	No Limit		Girls Pole Vault
800M Run Girls	No Limit		To Follow
			Boys Pole Vault
200M Dash Boys	3 Heats Max		Boys High Jump
200M Dash Girls	3 Heats Max		We will attempt to work girls & boys Pole Vault together if possible.
3200M Run	Boys & Girls Together		
1600 Relay Boys	3 Teams Max, Must determine team for Points		All events and number limits can be altered if mutually agreed upon
1600 Relay Girls	3 Teams Max, Must determine team for Points		