

Meet of Champions

COMPETITION FORMAT & AWARDS

Pole Vault: For the boys, the bar will start at 11-06 and will go up by 6" increments until 13-00 and then by 4" increments. For the girls, the bar will start at 7-06 and will go up by 6" increments until 9-00" and then by 4" increments. **Five Alive** will be in effect.

High Jump: For the boys, the bar will start at 5'08" and will go up by 2" increments until 6'02" and then by 1" increments thereafter. For the girls, the bar will start at 4'08" and will go up by 2" increments until 5'00" and then by 1" increments thereafter. **Five Alive** will be in effect.

Long Jump/Triple Jump: Competitors will be divided into flights with each competitor given three (3) preliminary jumps. At the end of each flight, the next flight will have a short period for run through warm-up. The **top nine** competitors will be given three (3) more attempts in the finals. Any athlete's best mark will be used for final placing.

Shot Put/Discus/Javelin: Competitors will be divided into flights with each competitor given three (3) preliminary throws. At the end of each flight, the next flight will have a short period for warming up. The **top nine** competitors will be given three (3) more attempts in the finals. Any athlete's best mark will be used for final placing.

Running Events: Heats are run against the clock. In case of an identical time from different heats, the higher placed finisher in either heat will be used to determine place. Finish Lynx timing will be used with auto flash backup.

Award Medals: The top eight (8) placers will receive medals. Upon certification of results, athletes will be called to the awards tent in front of the main grandstand. We will present awards throughout the meet so listen to announcements and be prompt in showing up to the awards area in the front of the grandstands.