



**TRACK AND FIELD CHAMPIONSHIP**  
**April 26 at Augusta Prep**

Entries for the meet are due by **5 pm on Friday, April 22**. This is so the timing company has time to seed and send me heat sheets for review and changes if needed. No changes can be made except for scratches (no add) after that time.

We have company timing and scoring. Results will be viewable via their app. That will be sent out later this week. Athletes will need to wear hip numbers. These will be provided at the Coaches Meeting at 11 AM meet day.

- No more than 3 entries per event per school
- Athletes are limited to **three (3)** individual events and participate on up to **two (2)** relay teams. - *Totaling five(5) events per individual.* -
- There is a limit of **two (2)** relay teams per school.
  - *Relay Runners can only be on one relay team not on both A and B teams.*

**Please remember CLEAT/spike length can be no longer than  $\frac{1}{8}$ .**

**Augusta Prep will provide all starting blocks for meet. Do not bring a starting block.**

**SCRATCH MEETING @ 11:00 a.m.**

**FIELD EVENTS START @ 1200 p.m.**

SHOT PUT B/G

DISCUS G/B

HIGH JUMP G/B

LONG JUMP B/G

**RUNNING TIMED FINALS BEGIN @ 2:00 p.m.**

4X100

100LH

100

1600

400

300IH

800

200

4X400

**AWARDS CEREMONY FOR THE SCHOOL AND INDIVIDUALS AT THE CONCLUSION OF THE 4X400 RELAY.**