

All-Star Opener (Approximate times \pm 30 minutes)

Track Events	
8:00 A.M.	1500m Racewalk 55m dash (Pee-Wee)
9:00 A.M.	Sprint Hurdles (also including 40m hurdles for 7-8 and 60m hurdles for 9-10) 400m Dash 4x100m Relay
12:00 P.M.	1500m Run 100m Dash
1:30 P.M.	800m Run 200m Dash Intermediate Hurdles (200m hurdles only)
3:30 P.M.	800m Sprint Medley (7-8 year olds) 4x400 (9-10 and up)

Field Events	
8:30 A.M.	Triple Jump (boys followed by girls) Discus (oldest to youngest) Turbo Javelin (oldest to youngest) Javelin (following turbo javelin)
10:00 A.M.	Long Jump (youngest to oldest)
12:00 P.M.	High Jump (youngest to oldest)
12:00 P.M.	Shot put (youngest to oldest)

Meet Information

- Opening Rules: Gate will open at 7:00 A.M. Packet pick-up begins at 7:00 A.M. and is available throughout the day. Warm-up on the track will end at 7:45 A.M. Coaches meeting at 8:15 A.M.
- Field Events: Check in at the venue. Long jump, triple jump, and high jump pits are on the field and javelin and discus are located behind the visitor side bleachers. Turbo javelin will take place on the football field.
- Number of Attempts: 3 jumps and 3 throws permitted per field event.
- Implements: Batons will NOT be provided. Shots, discuses, and javelins will be provided. It is fine to use personal implements.
- Medals: Top 3 finishers per age division, beginning with pee-wee, are awarded medals at conclusion of each event. Medals will be available at awards tent in the infield. Coaches (or parents, if child is unattached) must pick up the medals.
- Tent Policy: Tents and umbrellas are permitted all along the visitor side bleachers and the top eight rows of the home side bleachers.
- Gate Fee: Spectators will be charged \$5.00 (CASH ONLY) at the gate. Athletes must have full uniform on to enter the gate. Coaches must have a band on to enter the gate or pay \$5 to enter the meet.