

# MSAC CHAMPIONSHIPS

Dear Track and Field Coaches:

Please read the following instructions for the MSAC Track and Field Championships held Wednesday May 1, 2019 at Laidley Field in Charleston.

## MEET ENTRIES:

You are three (3) entries per event and (1) relay team. Hy-Tek Team Manager Event Files will be emailed to each school. The deadlines for the MSAC Track and Field Championships are as follows: All Hy-Tek entries are to be e-mailed to [mecavender81@suddenlink.net](mailto:mecavender81@suddenlink.net) by 12:00PM Monday April 30th. **NO PAPER ENTRIES!!!!** Any scratches and substitutions can be e-mailed to the same address above by NOON on May 3rd. **You may Scratch and Substitute. NO ADDS!!!!**

## RUNNING EVENTS:

We will start running events at 5:00pm. The 4x400m Relay will run a 3 turn stager. We will be running a One Session meet schedule as published in the February Interscholastic.

## BULLPEN:

The Bullpen for the 100/110M Hurdles and 100M Dash is located at the scoreboard end of the stands. The Bullpen for the 200M Dash is located in the bleachers by the Long Jump Pit. The Bullpen for all other events is located on the football field at the Capitol end of the stadium.

## FIELD EVENTS:

We will start field events at 4:30pm. Each competitor will get 3 throws/jumps with the top 8 getting 3 more throws/jumps in finals.

## AWARDS:

1<sup>st</sup> Place -- Medal and All Conference Certificate  
2<sup>nd</sup>-6<sup>th</sup> Place -- Ribbons

Sincerely,  
Shawn Wheeler  
George Washington High School  
Meet Director

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## SCHEDULE OF EVENTS

Field Events (Start time 5:00pm) Minimum Marks and Heights will be set.

Long Jump Boys followed by Girls

High Jump Girls followed by Boys

Pole Vault Boys followed by Girls

Shot Put Girls followed by Boys

Discus Boys followed by Girls

Running Events (Start time 5:00pm)

4x800m Relay G/B

100/110m Hurdles G/B

100m Dash G/B

4x200m Relay G/B

1600m Run G/B

400m Dash G/B

Break

300m Hurdles G/B

4x100m Relay G/B

800m Run G/B

200m Dash G/B

3200m Run G/B

Shuttles G/B

4x400m Relay G/B (2 Heats)