

**ALL-CITY TRACK MEET  
EDEL FORD HIGH SCHOOL  
June 16, 2021**

**TEAMS:** Bryant, Lowrey, McCollough/Unis, Salina Intermediate, OL Smith, Stout, Woodworth

**OFFICIALS:** Gordie McIntosh, John Vichinsky & Joe McCormick

**TIME:**

11:30am	Coaches Meeting
11:45am	3200m run begins
12:00pm	Field events begin
1:45pm	Pre-lims begin ( <i>as soon as field events conclude</i> )
2:30pm	Finals begin ( <i>as soon as prelims conclude</i> )

**ENTRIES:** Each athlete may be entered in **no more than 3 events**, including individual, field and relay events. Alternate entries count against this limit. Up to four alternates may be listed for each event.

**SEEDING:** The time entered should be the best time of the 2021 season. It is essential to have an accurate seed time for all entries. If no time is entered, the entrant will be seeded last. If an alternate is needed they will be added at the coaches meeting and the event will be reseeded.

**PRELIMS:** Field events and the 3200m will compete first, followed by prelims. (Field events and 2 mile are finals only.) Prelims will be run in the 55m Hurdles, 100m Dash, 100m Hurdles, 70m Dash and 200m Dash. **The top 2 finishers from each heat + next 2 fastest times will compete in the finals.**

**FIELD EVENTS:** Coaches from schools are responsible for running field events:

*Long Jump* - Bryant and Salina (bring measuring tape)

*High Jump* - Stout and Smith

*Shot Put* - Lowrey & WW (bring shots & measuring tape)

*3200m* - Unis

**SCORING:** Points for both individual and relays will be awarded as follows:

1 <sup>st</sup> = 10 points	5 <sup>th</sup> = 3 points
2 <sup>nd</sup> = 8 points	6 <sup>th</sup> = 2 points
3 <sup>rd</sup> = 6 points	7 <sup>th</sup> = 1 point
4 <sup>th</sup> = 4 points	

**AWARDS:** Ribbons will be given to the top 12 finishers.

**ALL ENTRIES SHOULD BE SUBMITTED BY SUNDAY JUNE, 13th by MIDNIGHT.**

**ALL TEAMS SHOULD BRING STOPWATCHES**

## **ORDER OF EVENTS - BOYS & GIRLS**

3200 - Early

Shot Put- Early

High Jump- Early

Long Jump- Early

55m Hurdles\*

800m Relay (4x200m)

800m

1600m

100m\*

400m

3200m Relay (4x800m)

100m Hurdles\*

70m\*

200m\*

1600m Relay (4x400m)

400m Relay (4x100m)

*\*=3 heats of Prelims where the top 2 finishers advance to the finals plus the next 2 fastest times overall*