

Big "8" Conference Officials PAL

Start Times: Field Events-4:30 Running Events 5:00

Lane Choice Options: (separate flip)

Boys "A" _____ Boys "B" _____

Girls "A" _____ Girls "B" _____

A: HH; 3200 R; 800 R; 400 M; LH; 3200 M

B: 100 M; 1600 M; 400 R; 800 M; 200 M; 1600 R

Staggered Starting Lines Colors:

2 Turn _____ 4 Turn _____

3 Turn Start _____

Relay Exchange Colors:

800 R: 1&2 _____ 3 _____

400 R: _____

General Information

SP, DS, LJ: 4 Attempts; Alternate teams in order; Athlete can choose # of attempts; Measures to: DS-inch, SP-1/2", LJ-1/4"

PV: Start: B-8'6"; G-5'6"; 6" raises until 10', then 3"; helmets recommended;

HJ: Start: B-5'0"; G-4'0"; 2" raises until 4 athletes, then 1";

Relays: Teams need card with school & athletes' first & last names;

Times: Times are rounded up to the nearest tenth of a second

Result Sheets: First & Last Names of athletes to the 4th place.