



***Division I & II School Boys Monday March 29<sup>th</sup> Start Time 4PM***

***Division I & II School Girls Tuesday March 30<sup>th</sup> Start Time 4PM***

***Division III&IV School Boys & Girls***

***Wednesday March 31<sup>st</sup> Start Time 2:30PM***

**\*\* All Entries will be done ON-LINE this year (this is new) at [www.directathletics.com](http://www.directathletics.com)\*\***

## ***Field Events***

***Long Jump THREE JUMPERS PER TEAM***

***Shot Put THREE THROWERS PER TEAM***

***Pole Vault THREE VAULTERS PER TEAM***

***High Jump TWO JUMPERS PER TEAM***

***\*Discus\* TWO THROWERS PER TEAM***

***\* ONLY if the ground is dry\****

## ***Running Events***

***60m Hurdle Prelims THREE RUNNERS PER TEAM***

***60m Dash Prelims FOUR RUNNERS PER TEAM***

***4 x 600m ONE TEAM***

***1600m FOUR RUNNERS PER TEAM***

***400m TWO RUNNERS PER TEAM***

***60m Hurdle Final (Two heats of eight)***

***60m Dash Final (Two heats of eight)***

***800m TWO RUNNERS PER TEAM***

***300m Hurdles ONE RUNNER PER TEAM***

***200m TWO RUNNERS PER TEAM***

***4 x 300m ONE TEAM***