

Lebanon Valley College Track & Field

www.godutchmen.com

HS Track & Field Meet Information: January 10, 2015

- Entries:** All entries will be accepted on pamilesplit.com. Please note the entries will be due by noon on Wednesday, January 7, 2015. There will be a maximum of 5 entries for each event per team and 2 entries for relays. The performance lists will be posted on the LVC athletic website www.godutchmen.com by Friday.
- Entry Changes:** Field event scratches will take place at the event. All other scratches will be taken before the start of the first running event and throughout the day as running events occur.
- Order of events:** The order of events is listed below. The meet will begin at promptly 8:30 am with boy's long jump, other field events beginning at 9 am field and running events beginning at 9:30 am.
- Facilities:** A 4-lane mondo surface
No spikes permitted
Starting blocks will only be used in the 55m
- T-Shirts:** Invitational shirts will be on sale at the meet.
- Concessions:** A concession stand will be open during the meet.
- Community Service:** Annually, the LVC Team provides support to St. Jude's Children's Hospital. We will have a table at the meet for students to make a Get Well Card for the children. Please encourage your students to stop by.

Running events beginning at 9:30 am

4x800 Relay
55 Meter Dash (Prelims)
55 Meter Hurdle (Prelims)
1600 run
4X200m Relay
400 Meter Dash
55 Meter Hurdles (Finals)
55 Meter Dash (Finals)
800 Meter Run
200 Meter Dash
3000 Meter Run
4 X 400 Relay

Beginning at 8:30 am

Horizontal Jumps: (Will run in this order)

1. Boy's long jump.
2. Girl's long jump.
3. Boy's triple jump.
4. Girl's triple jump.

Other Field events beginning at 9:00 am

Pole Vault: Boy's first, followed by Girl's.

High Jump: Girl's first, followed by Boy's.

Throwing: (Will run in this order)

1. Boy's shot put.
2. Girl's shot put.