

Canton Academy
2-AAA
Varsity Championships
April 21st @ Canton

Coaches meeting at 9:00 at infield tent, We will weigh shots and discuss at this time.

Coaches, we will be using mile split ms to register for this meet as we will have Pirate Timing running off this meet for us. You must enter athletes on Milesplit, do not send me entry forms.

Cost will be \$100.00 per school to pay for Pirate timing, checks need to be made out to Canton Academy Track and brought to the meet.

****** REMINDER-YOU CAN ENTER 2 ATTACHED ATHLETES IN ALL EVENTS EXCEPT RELAYS******

Schedule of events

9:30 VG 3200

10:00 A.M. Pole Vault VG / VB

10:00

VB Shot Put

VB High Jump

VG Discus

VG Long jump

10:45

VG Triple Jump

VB Long Jump

VG Shot Put

11:30

VB Discus

VB Triple Jump

VG High Jump

12:30-300 Hurdles (Rolling Schedule After we start w breaks as needed)

4x200 Relay

4x 800 Relay Girls(Break After if needed)

4x100 Relay

4x800 Relay Boys(Break After if Needed)

100/110 Hurdles

100m Dash

1600m (followed by 15 min break)

400m

800m (followed by 15 min break)

200m

3200 VB

4x400 Relay

Trophy Presentations
District 2-AAA

- We will need Coaches from Each School represented to help w/ field events
- National federation rules apply except where amended by AAC handbook
- Athletes can be in 3 individual and 3 team events
- Please no outside coolers or drinks we will have a concession stand
- Admission is \$6:00
- Buses only can park at field house, no cars.
- No unattached during this meet
- No tents on asphalt unless area is wet.
- Event winners will be announced after each race is completed, ribbons will be given at that time.
- Opening heights by MHSAA/MAIS Rule
- Schools please have someone available from your school to hold blocks for your team. And remember our track is asphalt, spikes not suggested.

Please see Start of the 3200 girls is at 9:30

We will build in breaks as needed for our athletes since it is only our district running.

District 2-AAA

Canton
Winston
Starkville
Heritage

Scratches for field events are done at the event, Running scratches must be done before the 300 Hurdles begin, Any changes made after the running starts will result in disqualification per MHSAA/MAIS Rule.

