

SUPER 8 OPEN
SATURDAY, JANUARY 15, 2011

FIELDS EVENTS:

1:00 POLE VAULT - MEN / WOMEN TO FOLLOW
MEN - WEIGHT, LONG JUMP/ WOMEN TO FOLLOW
WOMEN - HIGH JUMP/ MEN TO FOLLOW
3:30 MEN - SHOT PUT - TRIPLE JUMP/ WOMEN TO FOLLOW

RUNNING EVENTS:

1:00	Dist. Med. Relay	FINALS	W - M
1:40	5000	FINALS	W - M
2:30	MILE	FINALS	W - M
2:50	60 HURDLES	PRELIM	W - M
3:10	60 DASH	PRELIM	W - M
3:30	400	FINAL	W - M
3:45	600	FINAL	W - M
4:00	60 HURDLES	FINAL	W - M
4:10	60 DASH	FINAL	W - M
4:20	800	FINAL	W - M
4:35	1000	FINAL	W - M
4:50	200	FINAL	W - M
5:15	3000	FINAL	W - M
5:40	4 X 400	FINAL	W - M
6:00	4 X 200 for the Jmp & Thr	FINAL	W - M

1. WE WILL USE A ROLLING TIME SCHEDULE
2. LONG JUMP AND TRIPLE JUMP WILL BE DONE CAFETERIA STYLE, LIMITING EACH JUMPER TO AT LEAST 4 ATTEMPTS.
3. 1/8 INCH SPIKES ARE ALLOWED FOR ALL EVENTS.
4. FULLY AUTOMATIC TIMING WILL BE USED FOR ALL RACES.
5. WE WILL TAKE 6 TO THE FINALS BASED ON TIME IN THE DASHES AND 8 TO FINALS IN THE FIELD EVENTS.

ENTRY FEE OF \$100.00 PER TEAM, PAYABLE TO "BSU TRACK." (T-SHIRT TO THE WINNER OF EACH EVENT).

Coaches can now enter our indoor meets at
www.raceberryjam.com/bsuonlineentry.php3

Unattached athletes can go to
www.raceberryjam.com/trackform.php3

I've included complete instructions for how coaches should meet the TFRRS requirements: first enter their rosters at www.tfrrs.org, then download the rosters to an Excel file, and finally email the files to.

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