

# **Hazleton/Southern Lehigh/Northwestern/Parkland**

## **Scrimmage - Notes and Schedule**

### **General Comments**

- Everybody will be able to compete – Parkland will limit # of sprinters involved in 100 heats starting in 2010; We will try to have athletes from each school in each heat.
- Athletes may compete in more than 4 events
- Running events – Girls will go first
- Field Events are Open Pit
- Coaches will help run the field events (faculty will be available if Possible)
- Coaches will be responsible to time their own team's runners – For sprints we will try to time all 8 lanes
- Athletes should report to starting line or field event site

### **Field Events - The following will begin at 3:30**

- Pole Vault – Boys and girls combined – Start at low height and move up
- High Jump – Boys and girls combined – Start at low height and move up
- Boys Long Jump – Girls long Jump; OPEN PIT
- Girls' Triple Jump – Boys Triple Jump; OPEN PIT
- Boys' Javelin followed by Girls' Javelin
- Girls' shot put followed by boys shot put
- Discus will begin when Javelin is over; (if time is short, we will throw boys and girls together)

### **Running Event Order – (Girls first – Boys Second)**

- 100/110 Meter Hurdles
- 100 Meter Run
- 1600 Meter Run
- 400 Meter Run
- 400 Meter Relay
- 300 Meter Hurdles
- 800 Meter Run
- 200 Meter Run
- 400 Meter Run, (additional Heats or Relays)