

# 2010

## William Allen Track & Field Invitational Event Comments

### Long Jump/Triple Jump

3 Flights: 36-25, 24-13, 12-1 (3 Jumps per participant)  
Up to 2 participants for a school can qualify and a school is NOT guaranteed a participant

### Shot Put/Discus/Javelin

3 Flights: 36-25, 24-13, 12-1 (3 Throws per participant)  
Up to 2 participants for a school can qualify and a school is NOT guaranteed a participant

### 100M/110M Hurdles/100M Dash/200M Dash

5 Heats of 8: 1<sup>st</sup> Place and next best 3 times of the 2<sup>nd</sup> place finishers  
Up to 2 participants for a school can qualify and a school is NOT guaranteed a participant

### 800M

3 Heats of 12 36-25, 24-13, 12-1 Box Alley Start  
Up to 2 participants for a school can qualify and a school is NOT guaranteed a participant

### 1600M Run

2 Heats of 16: 32-17, 16-1 Box Alley Start  
Up to 2 participants for a school can qualify and a school is NOT guaranteed a participant

### 3200M Run

1 Heat: 32 Max, Boxed Alley Start 16 inside  
Up to 2 participants for a school can qualify and a school is NOT guaranteed a participant

### Pole Vault/High Jump

1 Heat: 28-1  
Up to 2 participants for a school can qualify and a school is guaranteed 1 participant as long as each school participant(s) has met the qualify mark.  
Boys: Pole Vault: 10'6'' High Jump: 5'6''  
Girls: Pole Vault: 8' High Jump: 4'6''

### 300M Hurdles/400M Dash

5 Heats: 40-33, 32-25, 24-17, 16-9, 8-1 Seeded slowest to fastest against time  
Up to 2 participants for a school can qualify and a school is NOT guaranteed a participant

### 4x800M Relay

2 Heats: 28-13, 12-1 Boxed Alley Start – odd numbers (outside), even numbers (inside)  
One team per school

### 4x100M Relay/4x400M Relay

4 Heats: 28-25, 24-17, 16-9, 8-1 Seeded slowest to fastest against time  
One team per school

- All events will be scored through 8 places. (10,8,6,5,4,3,2,1)
- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place finishes
- Substitutions will **NOT** be made at day of event