

2011

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: 1st Place and next best 3 times of the 2nd place finishers
Up to 2 participants for a school can qualify and a school is NOT guaranteed a participant

800M Run/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: 8'6'' 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

1 Heat: 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 1st, 2nd, 3rd place finishes
- Substitutions will **NOT** be made at day of event