

NSCHSAA Indoor Varsity AA Championship Meet

January 27, 2019

ORDER OF EVENTS

RUNNING EVENTS: Fast to slow

9:00 AM	BOYS' 4 X 200 METER RELAY	6 FASTEST ADVANCE	
9:10 AM	Girls' 4 x 200 Meter Relay	6 Fastest Advance	
9:25 AM	Boys' 3200 Meter Run	1 section of 18	
9:40 AM	Girls' 3000 Meter Run	1 section of 18	
9:50 AM	Boys' 55 Meter Dash	6 Fastest Advance	(12 Heats)
10:10 AM	Girls' 55 Meter Dash	6 Fastest Advance	(12 Heats)
10:25 AM	Boys' 600 Meter Run*	4 in lanes	(1:38 – Break in)
	Girls' 600 Meter Run*	4 in lanes	(2:00 – Break in)
10:40 AM	Boys' 55m Hurdles	6 Fastest Advance	
	Girls' 55m Hurdles	6 Fastest Advance	
11:00 AM	Boys' 55 Meter Dash	Final	
	Girls' 55 Meter Dash	Final	
11:25 AM	Boys' 1000 Meter Run*	3 Section Final	(3:30 Break in)
	Girls' 1000 Meter Run*	3 Section Final	(4:00 Break in)
11:45 AM	Girls' 55 Meter Hurdles	Final	
11:40 AM	Boys' 55 Meter Hurdles	Final	
11:50 AM	Boys' 300 Meter Dash	6 Fastest	(12 Heats)
12:05 PM	Girls' 300 Meter Dash	6 Fastest	(12 Heats)
12:20 PM	Boys' 1600 Meter Run*	3 Section Final	(5:30 Break in)
12:40 PM	Girls' 1500 Meter Run*	3 Section Final	(6:00 Break in)
12:55 PM	Boys' 300 Meter Dash	Final	
1:00 PM	Girls' 300 Meter Run	Final	
1:05 PM	Boys' 4 x 800 Meter Relay	1 Section	
1:15 Pm	Girls' 4 x 800 Meter Relay	1 Sections	
1:25 PM	Boys' 4 x 400 Meter Relay*	2 Sections	
1:35 PM	Girls' 4 x 400 Meter Relay*	2 Sections	
1:45 PM	Boys 4 x 200 Meter Relay	Final	
1:55 PM	Girls' 4 x 200 Meter Relay	Final	

*Sections could increase or decrease depending on entries

Field Events: Top 18 seeded athletes will throw or jump first bringing back 6 for the finals. Remaining throwers and jumpers will then compete at the conclusion of the finals.

Girls' Pole Vault(1) Start at 7' – 7'6 – 8'0 – 8'6 – 9'0 – 9'6 – 10'0 – 10'6 – 11'0 (Must clear 7' to score)
 Boys' Pole Vault(2) Start at 8' – 8'6 – 9'0 – 9'6 – 10'0 – 10'6 – 11'0 – 11'6 – 12'0

Girls' High Jump (1) Start at 4'0 – 4'3 – 4'6 – 4'8 – 4'10 – Then 1 inch
 Boys' High Jump (2) Start at 5'0 – 5'3 – 5'6 – 5'8 – 5'10 – Then 1 inch

Boys' Shot Put will throw first followed by the Girls'

Each school is permitted to enter 3 athletes in the Long and Triple Jumps. Additional jumpers may be added provided They have already jumped the minimum measurement.

Boys' Long Jump (1)	Only one measurement under 17'	Raker – Chaminade
Girls' Long Jump (2)	Only one measurement under 13'	Raker – Kellenberg
Boys' Triple Jump (3)	Only one measurement under 36'	Raker – Kellenberg
Girls' Triple Jump (4)	Only one measurement under 28'	Raker – St. John the Baptist

Only ¼" pyramid spikes are permitted.

A max of 4 relay teams are permitted per event

Jury of Appeals: Donal Buckley, Charlie Millieon, Tony Toro