

Metro South Outdoor Track & Field 2019

REVISED 1/28/19

METRO CHAMPIONSHIP SCHEDULE

4:00 – Field Events

Long Jump	Boys at pit A, Girls at pit B
Triple Jump	to follow Long Jump at same pit
Discus	Girls then Boys (both will throw the 1K discus)
Shot Put	Boys then Girls (boys 4K, girls 6lbs.)
High Jump	Girls then Boys
Pole Vault	Boys then Girls

4:30 – Running Events *(GIRLS RUN FIRST, THEN BOYS)*

4:30	1600
5:00	100/110 Hurdles
5:25	4 x 100M Relay
5:45	400
6:15	100
6:55	800
7:20	300 Hurdles
7:40	200
8:00	4x800M Relay
8:25	4x100 Clydesdale <i>**EXHIBITION ONLY – NO POINTS</i>
8:30	4x400M Relay

Awards to Follow the 4x400M Relays

*WE WILL STAY ON SCHEDULE. WE WILL NOT RUN AHEAD OF SCHEDULE.
IF WE FALL BEHIND SCHEDULE, WE WILL RUN A "ROLLING SCHEDULE" UNTIL WE CATCH UP.*

Metro Championship Scoring

Place	Running Events/ Field Events	Relays
1 st	10 pts.	20 pts.
2 nd	8 pts.	16 pts.
3 rd	6 pts.	12 pts.
4 th	5 pts.	10 pts.
5 th	4 pts.	8 pts.
6 th	3 pts.	6 pts.
7 th	2 pts.	4 pts.
8 th	1 pt.	2 pts.

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METRO CHAMPIONSHIP QUALIFYING STANDARDS

GIRLS DIVISION

EVENT	100M
METRO Standard:	14.50

EVENT	100M Hurdles
METRO Standard:	21.00

EVENT	TRIPLE JUMP
METRO Standard:	23'6"

EVENT	200M
METRO Standard:	30.00

EVENT	300M Hurdles
METRO Standard:	1:02

EVENT	SHOT PUT
METRO Standard:	25'0"

EVENT	400M
METRO Standard:	1:12

EVENT	HIGH JUMP
METRO Standard:	4'02"

EVENT	DISCUS
METRO Standard:	48'0"

EVENT	800M
METRO Standard:	2:52

EVENT	POLE VAULT
METRO Standard:	6'0"

EVENT	1600M
METRO Standard:	6:25

EVENT	LONG JUMP
METRO Standard:	12'6"

BOYS DIVISION

EVENT	100M
METRO Standard:	13.25

EVENT	110M HURDLES
METRO Standard:	22.00

EVENT	TRIPLE JUMP
METRO Standard:	30'0"

EVENT	200M
METRO Standard:	27.25

EVENT	300M HURDLES
METRO Standard:	55.00

EVENT	SHOT PUT
METRO Standard:	30'0"

EVENT	400M
METRO Standard:	1:02

EVENT	HIGH JUMP
METRO Standard:	4'08"

EVENT	DISCUS
METRO Standard:	80'0"

EVENT	800M
METRO Standard:	2:32

EVENT	POLE VAULT
METRO Standard:	7'6"

EVENT	1600M
METRO Standard:	5:40

EVENT	LONG JUMP
METRO Standard:	15'0"

THERE ARE NO QUALIFYING TIMES FOR RELAYS.

EACH TEAM CAN ENTER 1 RELAY TEAM IN EACH OF THE RELAY RACES REGARDLESS OF TIME.

PLEASE NOTE: ATHLETES MUST REACH THE MINIMUM TIME/MARK IN THAT EVENT TO QUALIFY FOR METRO.
EX: 1:02.07 IN THE BOYS 400M WILL NOT QUALIFY THAT ATHLETE AS IT IS NOT 1:02.00 OR FASTER.