

3. Entries are made and finalized. **If an athlete is sick or injured the night before, he/she would be scratched (not participate at all), and the sub would be placed in the unseeded heat. The games committee must be notified by 9:00 am on the day of the meet.** If an athlete is injured during competition, no substitute may be made except in relay, an alternate may compete.
 4. The six best times are seeded for the power seeded finals.
Seeded lanes are: 3, 4, 2, 5, 1, 6 (for a 6-lane track)
or 4, 5, 3, 6, 2, 7, 1, 8 (for an 8-lane track)
 5. Determine starting heights.
 - A. High Jump - should start 2 inches below the lowest entry height.
 6. Other important information is shared or discussed at this time.
e.g. - Triple jump lines, finals, etc. The shortest Triple Jump will be determined based on the lowest jump entered.
 4. The track should be at least 6 lanes, 400 meters, with a common finish line.
 5. Equipment-
 - A. Starting blocks should be made available and used for the 100 m, 200 m, 400 m, and sprint relays.
 - B. Shot and discus implements should be weighed. **If not, the Host School should provide boys/girls shot; boys/girls discus for all teams to use.** A rubber discus should not be allowed.
 - C. A rake and shovel are necessary at the pit.
 - D. Each field event requires 1 tape measure per event.
 - E. Timers should be available for each lane.
 - F. Scoring sheets should also be available for each event.
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