

Wednesday June 5 Wednesday June 26

Wednesday June 12 Wednesday July 10

At the John Gudgel Track, Yellow Springs High School 420 East Enon Rd, Yellow Springs, OH

| June 5 2024 | June 12 2024 | June 26 2024 | July 10 2024 |
|---|--|--|--|
| 5:00-6:00 registration; 5K only-up to 7:45 | 5:00-6:00 registration; 5K only-up to 7:45 | 5:00-6:00 registration; 5K only-up to 7:45 | 5:00-6:00 registration; 5K only-up to 7:45 |
| 5:00 field event warm up starts | 5:00 field event warm up starts | 5:00 field event warm up starts | 5:00 field event warm up starts |
| 5:00 LJ, HJ Disc; followed by TJ, SP. JV will | 5:00 LJ, HJ Disc; followed by TJ, SP. JV | 5:00 LJ, HJ Disc; followed by TJ, SP. JV | 5:00 LJ, HJ Disc; followed by TJ, SP. JV |
| begin no earlier then 7 | will begin no earlier then 7 | will begin no earlier then 7 | will begin no earlier then 7 |
| 5:45 hurdle check in | 5:45 Hurdle check in | 5:45 Hurdle check in | 5:45 Hurdle check in |
| 6:00 Running events, rolling schedule | 6:00 Running events, rolling schedule | 6:00 Running events, rolling schedule | 6:00 Running events, rolling schedule |
| 80/100/100 Hu, 200/400 Hu | 80/100/100 Hu, 200/400 Hu | 80/100/100 Hu, 200/400 Hu | 80/100/100 Hu, 200/400 Hu |
| 100m- no earlier then 6:45 | 100m- no earlier then 6:45 | 100m- no earlier then 6:45 | 100m- no earlier then 6:45 |
| 0-6 runs first followed by Masters | 0-6 runs first followed by Masters | 0-6 runs first followed by Masters | 0-6 runs first followed by Masters |
| 400m | 800m | 400m | 800m |
| 200m- no earlier then 7:15 | 200m-no earlier then 7:15 | 200m-no earlier then 7:15 | 200m- no earlier then 7:15 |
| 1500 | 1500 | 1500 | 1500 |
| 4X100m | 4X100m | 4X100m | 4X100m |
| 5000m- no earlier then 8pm | 5000m- no earlier then 8pm | 5000m- no earlier then 8pm | 5000m- no earlier then 8pm |

Age Groups B&G: 8 & under, 9/10, 11/12, 13/14, 15/16, Junior M&W (17-19), Open M&W (20-24), Master M&W in 5 yr age groups (25+ in 5 yr div)

Enter Fee US\$ 10.— per athlete, payable at day of meet when registering. Cash or check only. Fee for Little Kids' (0-6) 100s is \$5.00 and athlete is limited to that one race. Entry fee is not reimbursable if meet has to be canceled due to weather. Visit the website or call the voicemail at (513) 334-7326.

Field Events All field events are either run in flights or open pit, depending on the sign up at meet day. Listen to the announcements! All categories 16 and under -- 3 attempts, Junior, Open and Masters -- 6 attempts if participant numbers allow for it. Check in for all field events at the venue.

Hurdles check in Hurdles check in is behind the white trailer at the finish line. If you are not at hurdle check in by the listed time above you will not run hurdles. No exceptions! **Track check in** All running events check in at the starting line, the meet will run on a rolling schedule

Awards Everyone who finishes 2 events receives an award

For more information, go to www.swotc.org or email Meets@swotc.org



Pole Vault Night 2024

Tuesday June 4
Tuesday June 25

Tuesday June 11
Tuesday July 9

At the John Gudgel Track, Yellow Springs High School 420 East Enon Rd, Yellow Springs, OH

Schedule 5:00pm PV registration and check in; 5:30pm pc competition starts all categories combined **Starting Height** Starting height will be lowest declared starting height but no lower than 4-06 **Age Groups** B&G: 8 & under, 9/10, 11/12, 13/14, 15/16, Junior M&W (17-19), Open M&W (20-24), Master M&W in 5 yr age groups (25+ in 5 yr div)

Enter Fee US\$ 10.— per athlete, payable at day of meet when registering. Cash or check -- no credit or debit cards accepted. Entry fee is not reimbursable if meet is canceled due to weather.

Results will be posted on <u>www.swotc.org</u> by age category

Inclement Weather Please visit <u>www.swohiotc.org</u> or call the voicemail at (513) 334-7326 for updates

For more information, go to www.swotc.org or email Meets@swotc.org