

Mercer County Track Championship
May 8, 2010
Steinert High School

Order of Events

Girls precede Boys in each running event

All events begin at 9 a.m.

3200m Relay	(seeded heat last, final on time)
Girls 100m hurdles/ Boys 110m Hurdles	Trials
100m	Trials
1600m	(seeded heat last, final on time)
Girls 100m hurdles/ Boys 110m Hurdles	Final
100m	Final
400m	(seeded heat last, final on time)
800m	(seeded heat last, final on time)
200m	(seeded heat last, final on time)
400m IH	(seeded heat last, final on time)
Girls 3200m	(seeded heat last, final on time)
400m Relay	(seeded heat last, final on time)
Boys 3200m	(seeded heat last, final on time)
1600m Relay	(seeded heat last, final on time)

Field events begin at 9 a.m.

Pole Vault Girls opening 7' 6" followed by Boys opening 10'
High Jump Boys opening 5' 6" followed by Girls opening 4' 6"
Girls Javelin followed by Shot then Discus
Boys Shot followed by Discus then Javelin
Boys Long Jump/ followed by Triple Jump (inside the track)
Girls Long Jump/ followed by Triple Jump (by scoreboard)
LJ open pit 9:00- 10:30
TJ open pit 11:00 -12:30

Scoring : 10, 8, 6, 4, 2, 1

Mercer County Meet
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Entries : 3 per team. Please remember this is a championship event.
Teams can enter 5 per events provided they meet the standard

Awards: Medals to top 6 in each event
 Coaches can pick up medals after event is announced

Rosters should be sent in by Hy-Tek to fjferrara@verizon.net
Additions to Relays Rosters can be emailed to above address

We will use early bird seeding the day of the meet.

Coaches if you are scratching an athlete please notify clerks by first call
Athletes or a representative need to check in

Athletes should be in paddock, or at field event by final call

Have your AD send in appropriate fees

Remember to send in rosters ASAP.

STANDARDS

	Boys	Girls
100m	11.3	13.0
200m	23.2	27.5
400m	52.9	61.5
800m	2:05	2:30
1600m	4:40	5:45
3200m	10:30	12:20
100H	15.5	16.5
400H	58.0	70.0
High Jump	5' 8"	4' 8"
Long Jump	19'	15'
Shot	45'	32'
Discus	130'	85'
Javelin	140'	85'
Pole Vault	11'	8'
Triple Jump	40'	32'