

BOYS' INDOOR TRACK & FIELD COACHES ASSOCIATION MEETS

1. Injury Fund Relay Carnival: Divided into 2 divisions – large and small track events in order:

Shuttle Hurdles

- Sprint Medley (200, 200, 400, 800)
- 4x800
- 4x200
- Distance Medley 1200, 400, 800, 1600
- 4x400
- Field Events - Long Jump 3 athletes only
- High Jump 4 athletes Open at 4'6" then 4'10" up to 2" at a time
- Shot put 4 athletes
- Weight Throw 4 athletes (incomplete can score ex. 2 jumper – 2 throwers)

Awards to 6 teams in each event = Ribbon

Top 2 Teams in each Division Team plaques/limitations = Athletes can do any 3 events

Signups that day at site/have index cards filled out with school, athletes, events seed.