

# Mini Myrhum Meet Information

Saturday, May 5, 2018

Coaches Meeting at 9:00

Field at 9:30 – Running at 10:30

5<sup>th</sup> – 8<sup>th</sup> grade

Arrowhead High School

**New Schedule \*\*\* More Events \*\*\* Awards for top 3**

**EVENTS Available:** 100, 400, 1600, 100m hurdles (5 flights), Shot Put, Long Jump

**Order of Events:** Field Events will be open for a period of time for athletes to compete as their schedule allows. Four attempts allowed.

Running Events will be run in this order: 100/110 High Hurdles, 100, 1600, 200,800, 300 Low Hurdles, 400

**ENTRY:** Guidelines for entering the meet

- Unlimited Entries for your team and for each athlete
- AHS District Feeder Schools and District Residents Only Please
- Focus on Ages 5<sup>th</sup> – 8<sup>th</sup> Grade – as all ages will be run together as exhibition heat of each particular race
- Coaches Enter through PTTiming
- Deadline on Thursday, May 3

**COST:** \$4 per athlete with a max of \$50 per school to cover cost of awards, timing and officials

**ARRIVE:** Please arrive around 8:30 am

- Coaches attend coaches meeting at 9:00 am
- Warm Up, Listen for event called, Check in with hip number clerk (running events only) and event clerk and follow their instructions
- Uniform / School identification shirt will be required

**AWARDS:** Top 3 for each gender in each race

- Proceed to the awards table to pick up your award or determine your place
- Take a photo to share with your family and friends

**ENJOY:** Stay and enjoy a day of track and field!

**Watch** some of the best high school athletes in the state compete!

**Support** AHS Track & Field! **Thank You** in advance for participating!!