

Mini Myrhum Meet Information

Saturday, May 4, 2019

Coaches Meeting at 9:00 am

Field at 9:30am – Running at 10:30am

5th – 8th grade

Arrowhead High School

EVENTS Available: 100, 400, 1600, 100m hurdles (10 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 5th – 8th Grade – as all ages will be run together
- Coaches Enter through PTTiming
- Deadline on Wednesday, May 1

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

ARRIVE: Please arrive around 8:45 am

- Coaches attend coaches meeting at 9:00 am
- Athletes - 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!

Thank you to AHS Track & Field for hosting! **Thank You** in advance for participating!!