

## SPECIALTY EVENTS SCHEDULE

### MONDAYS

TIME	LONG JUMP		
6:15 – 6:45	Gremlin Girls		
6:45 – 7:15	Gremlin Boys		

### TUESDAYS

Time	Boys Long Jump	Girls Shot Put	Boys High Jump
6:15 – 6:35	Bantam	Bantam	Youth/Inter
6:35 – 6:55	Midget	Midget	Midget
6:55 – 7:15	Youth/Interm.	Youth/Interm.	Bantam

### THURSDAYS

Time	Girls Long Jump	Boys Shot Put	Girls High Jump
6:15 – 6:35	Bantam	Bantam	Youth/Interm.
6:35 – 6:55	Midget	Midget	Midget
6:55 – 7:15	Youth/Interm.	Youth/Interm.	Bantam

Coaches will have 15 min. to warm up prior to the 6:15 start time. Coaches will take their group to the specialty areas for practice and ensure your team arrives and completes the practice on time so that everyone will have an opportunity to practice.

Reminder: In order to compete in the **High Jump** athletes must meet the starting height criteria as follows: *Bantam Girls: 2'9", Bantam Boys: 2'11", Midget Girls: 3'3", Midget Boys: 3'7", Youth/Inter. Girls: 3'8", Youth/Inter. Boys: 4'2"* and they are allowed to wear specialty High Jump spikes!

*Hurdles - Midgets and Youth/Inter. Only: 80M and 100M on Mondays if we have a specialty coach or any day if you coach yourself.*