

Rising Phoenix Track Club, Pendleton High School Track & Field/Cross Country, Roundup City Racers

2019 All-Comers Field Meet #3

**Pendleton High School
1800 NW Carden Ave, Pendleton, OR 97801**

July 20, 2019

9:00 AM

Field Events Being Contested:

Shot Put
Discus
Javelin
High Jump
Long Jump
Triple Jump

REGISTRATION WILL BE HELD AT CONCESSION STAND IN THE TRACK TOWER

Event Schedule:

8:00 AM – Registration opens. Athletes may begin warmups upon completion of registration. Registration will close at 10 AM.

9:00 AM – All event areas open. Each event is “open pit”. Athletes feel free to just move from event to event and compete as they go.

Event Operation:

Throws:

All throwing event areas will run as an open pit for everybody. Athletes will line up to compete in the throwing event of their choice and will give their “result sticker” to the clerk of the event when it is their turn to compete. Every athlete will be given one, unmeasured practice throw. Each athlete will then take all three of their throws in a row. Those three throws will be marked and the longest throw will be measured and recorded on the athlete’s sticker on the clerk’s result page. Javelin throwers ages 14 and up will throw from the east end of the field. Javelin throwers ages 13 and below will throw from the west end of the field near the long jump area.

Horizontal Jumps:

All athletes will jump in one pit. Athletes will check in and give their “result sticker” to the clerk at the event. In a first come, first serve basis, athletes will be grouped into flights of 5-10 athletes and will get three jumps going through the order that the athletes’ stickers have been placed on the clerk’s result page. Triple jump will begin as soon as it looks like most athletes have finished long jumping.

High Jump:

The high jump pit will open at three feet and will be open pit for all competitors. Athletes will check in, give their “result sticker” to the clerk at the event, and tell the clerk at which height they will like to start jumping. The bar will move up three inches at a time until the bar gets to four feet, at which point it will go up two inches at a time when moving to the next height. Clerks will give warm up time at their discretion throughout the competition.