

Open/Masters Meet #1 at Willow Canyon HS

Tentative Schedule – updated on 2-19-21

Saturday, February 20th, 2021

1:15 Combined Men's and Women's 3000 meter Racewalk

1:30 Combined Men's and Women's 4 x 800m Relay

2:00 80m Hurdles(W/M)

2:05 100m Hurdles (W)

2:10 110m Hurdles (M)

2:30 100m Dash(W/M)

2:50 1500m Run(W/M)

3:20 400m(W/M)

3:45 800m(W/M)

4:10 200m(W/M)

4:40 5000m (W/M combined)

5:10 4 x 400m(W/M)

Throws:

12:45 Javelin: Women and Men's Flight 1 Followed by Flight 2: By M/F or by Age
TBD

2:00 Discus: Flight 1 - By M/F or by Age TBD

2:00 Shot Put: Flight 1 – By M/F or by Age TBD

3:10 Discus: Flight 2 - By M/F or by Age TBD

3:10 Shot Put: Flight 2 – By M/F or by Age TBD

4:15 Weight Throw: Flight 1 followed by flight 2 - By M/F or by Age TBD

Vertical Jumps:

2:00 High Jump: Women followed by Men

3:00 Pole Vault: Women followed by Men

Horizontal Jumps:

2:00-3:00 Long jump Combined Men and Women - open pit

3:30-4:30 Triple jump Combined Men and Women - open pit

Masters/Open Track & Field Meet

Saturday, February 20th, 2021

Meet Info:

The Masters/Open Track & Field Meet #1 will be run on Saturday, February 20th, 2021 from 1:15 PM to 4:00 PM.

Meet entries are being accepted at www.athletic.net.

Meet entries close on Friday, February 19th, 2021 at 4:00 PM. Any changes to the meet entries after the 19th must be approved by meet director Rachel Guest.

Entry Fees:

Individuals - \$25.00 / athlete (5 Events per athlete maximum)

Athletes can pay this entry fee via Venmo or Cash at the check-in tent on the day of the meet prior to competing. VENMO ACCOUNT: @meetsatwillow

Timing:

All timing will be done electronically, with back-up hand timing.

Field Event Implements:

All athletes will be responsible for bringing their own implements.

Covid-19 Precautions

A stipulation for use of the facilities is that there be NO SPECTATORS at this event. All athletes will be expected to wear a protective mask when not warming up or competing and follow social distancing practices while not competing.

Athletes will be given a wristband upon entry and meet officials and volunteers will receive a different colored wristband at the meet check-in tent.

Meet Volunteers Needed!

If a friend or family member would like to volunteer at the meet, please contact meet director Rachel Guest at fsttrck75@yahoo.com. All volunteers and meet officials will be expected to wear a protective face mask.

Entry list and Heat Sheets:

Please see meet timer's website. www.roadrunnerracetiming.com

Results:

Results will be posted on www.roadrunnerracetiming.com and www.athletic.net.

Number of jumps/throws:

Athletes in the horizontal jumps and throwing events will each receive a minimum of three jumps. The top nine athletes after the first three rounds will move on to the finals for an additional three attempts.

Athletic Trainer:

There will be NO Athletic Trainer on site.

Time Schedule:

We will try to stay on schedule, but may see some minor delays. **We will send an updated schedule after reviewing and seeding entries.**

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Vertical Jumps Height Progressions:**High Jump: Tentative – May start at lower heights if necessary**

Flight 1 Progression

1.30/4-3 - 1.35/4-5 $\frac{1}{4}$ - 1.40/4-7 $\frac{1}{4}$ - 1.45/4-9 - 1.50/4-11 - 1.55/5-1
- 1.60/5-3 - 1.65/5-5 - 1.70/5-7

Flight 2 Progression

1.50/4-11 - 1.55/5-1 - 1.60/5-3 - 1.65/5-5 - 1.70/5-7 - 1.75/5-8 $\frac{3}{4}$ - 1.80/5-10 $\frac{3}{4}$
- 1.85/6-0 $\frac{3}{4}$ - 1.90/6-2 $\frac{3}{4}$ - 1.95/6-4 $\frac{3}{4}$ - 2.00/6-6 $\frac{3}{4}$ - 2.05/6-8 $\frac{3}{4}$

Pole Vault: Tentative – May start at lower heights if necessary

Flight 1 Progression (will be adjusted as needed)

2.00/6-6 $\frac{3}{4}$ - 2.15/7-0 $\frac{3}{4}$ - 2.30/7-6 $\frac{1}{2}$ - 2.45/8 $\frac{1}{2}$ - 2.60/8-6 $\frac{1}{4}$ - 2.75/9- $\frac{1}{4}$ -
2.90/9-6 $\frac{1}{4}$ - 3.05/10-0 - 3.20/10-6 - 3.35/10-11 $\frac{3}{4}$ - 3.50/11-5 $\frac{3}{4}$ - 3.65/11-11 $\frac{3}{4}$

Flight 2 Progression (will be adjusted as needed)

2.45/8 $\frac{1}{2}$ - 2.60/8-6 $\frac{1}{4}$ - 2.75/9- $\frac{1}{4}$ - 2.90/9-6 $\frac{1}{4}$ - 3.05/10-0 - 3.20/10-6 -
3.35/10-11 $\frac{3}{4}$ - 3.50/11-5 $\frac{3}{4}$ - 3.65/11-11 $\frac{3}{4}$ - 3.75/12-3 $\frac{1}{2}$ - 3.85/12-7 $\frac{1}{2}$...