

**Cobb EMC Invitational
Woodstock High School
March 6, 2010**

ALL RUNNERS will ride the buses:

First bus departs at 7:30 All field event athletes and 4 x 800 meter relay athletes will ride this bus. If you are throwing the shot put/discus or pole vaulting, make sure you take your implements and poles.

Second bus departs at 10:30 All other athletes will be on that bus.

9:00 Girls Shot Put/Triple Jump/Pole Vault
 Boys High Jump/Discus/Long Jump

10:00 4 x 800 meter relay

10:15 Girls High Jump/Discus/Long Jump
 Boys Shot Put/Triple Jump/Pole Vault

All horizontal jumps and throws will receive 3 attempts, if you exceed the minimum distances then you will receive a 4th jump/throw.

Event Minimums:	Girls	Boys
Shot put	30'	40'
Discus	85'	115'
Long Jump	15'	19'
Triple Jump	30'	40'

Starting Heights

Pole vault	7'	9'6"
High Jump	4'6"	5'8"

12:00 Running events

4x 100, 1600 meter run, 400 meter dash, 100 meter dash, 100/110 meter hurdles, 800 meter run, 200 meter dash, 300 meter hurdles, 3200 meter run, 4 x 400 meter relay

All running events are finals: 8 Score, Medals to top 3 in each event Trophies to top 2 teams

You may leave with your parents after checking out with Coach Hutcherson or Coach Reichenbach. You must have a signed note by your parent.