

SHOCKER TRACK CLUB

2024 STC Youth Indoor Open Classic Meets

January and February

January *Chiller* 19-20, 2024

February *Freeze* 9-10, 2024

Friday Night (600p start) for Pole Vault

Friday Night (700p start) for High School Shot Put and Triple Jump

FIELD EVENTS - Schedule of Events –

& = Cafeteria Style Competition (see page 4 for details)

\$\$ = Progressive Heights Format

Genders will be combined for competition.

600p FRIDAY evening \$\$ Pole Vault (Ages 13-14 and 15-18 and for Both Genders) MEDALS WILL BE AWARDED!
700p FRIDAY evening & High School Shot Put (Ages 15-18 for Both Genders) MEDALS WILL BE AWARDED!
700p FRIDAY evening & Triple Jump (Ages 13-14 and 15-18 for Both Genders) MEDALS WILL BE AWARDED!

800a SATURDAY Meeting for Coaches – Middle of the Court Area

800a SATURDAY & Shot Put (Ages 8U-10) /// THEN 1000a (Ages 11-14) - GENDERS COMBINED
900a SATURDAY \$\$ High Jump (Ages 9-14) /// THEN 1100a (Ages 15-18 High School) - GENDERS COMBINED
900a SATURDAY & Long Jump (Ages 13/14 and 15-18 ///THEN 1100a (Ages 8U-12) - GENDERS COMBINED

RUNNING EVENTS -Schedule of Events –

Competition Order - Youngest to Oldest – Girls then Boys through all age groups

Time Schedule - Rolling Schedule – Listen for announcements!

- 1100a – (Turn in 4x800m Relay Cards!)
 - o 60m Hurdles -
 - Timed Finals (11/12, 13/14)
 - Prelims (15-18 (High School))
 - *Note - If fewer than 7 athletes check-in for the 60m Hurdles Preliminary Races in the 15-18 age group, then that Preliminary Race will be run as a Final and no Final will be conducted later in the meet.*
 - o 60m Dash -
 - Timed Finals (Ages 8U, 9/10, 11/12, 13/14)
 - Prelims (15-18 (High School))
 - *Note - If fewer than 7 athletes check-in for the 60m Dash Preliminary Races in the 15-18 age group, then that Preliminary Race will be run as a Final and no Final will be conducted later in the meet.*
 - o 4x800m Relay – High School (Ages 15-18 – See Page 5 for Details)
 - o **SHORT BREAK – Maximum 30 minutes - Length determined by Meet Director**
- 130p (Approximate Start Time) - Rolling schedule as follows -
 - o 1600m
 - o 60m Hurdles FINALS (Ages 15--18)
 - o 60m Dash FINALS (Ages 13-14, 15-18)
 - o 400m FINALS
 - o **BREAK – Maximum 15 minutes - Turn in 4x400 Relay Cards!**
 - o 800m FINALS
 - o 200m FINALS
 - o 3200m FINALS
 - o **BREAK – Maximum 15 minutes - Relay Check-in and Organization**
 - o 4x400m Relay – High School (Ages 15-18 – See page 5 for Details)

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