

**“D” MEET FORMAT
OCIAA OPENER MEET
(Non-Scoring)**

November 29, 2008

4 HOURS – ALL SCHOOLS

ORDER OF EVENTS

Running Events:

| | | | |
|-------|-----------------------------------|---|----------------------------------|
| Girls | 1500 meter walk | - | unlimited entries |
| Boys | 1600 meter run | - | 4 entries per school |
| Girls | 1500 meter run | - | 4 entries per school |
| Boys | 55 meter hurdles | - | 6 entries |
| Girls | 55 meter hurdles | - | 6 entries |
| Boys | 55 meter dash | - | 8 entries |
| Girls | 55 meter dash | - | 8 entries |
| Boys | 600 meter run | - | 4 entries per school |
| Girls | 600 meter run | - | 4 entries per school |
| Boys | 300 meter run | - | 4 entries per school |
| Girls | 300 meter run | - | 4 entries per school |
| Boys | SMR meter relay (800,200,200,400) | - | 2 teams allowed, time permitting |
| Girls | SMR meter relay (800,200,200,400) | - | 2 teams allowed, time permitting |

Field Events:

| | | | | |
|-------|--------------|---|---------------------------|-------------------------|
| Boys | Shot Put | - | 5 entries – 3 throws only | 1 st 2 hours |
| Girls | Shot Put | - | 5 entries – 3 throws only | 2 nd 2 hours |
| Girls | Long Jump | - | 3 entries – 3 jumps only | 1 st 1 hour |
| Boys | Long Jump | - | 3 entries – 3 jumps only | 2 nd 1 hour |
| Girls | Triple Jump | - | 3 entries – 3 jumps only | 3 rd 1 hour |
| Boys | Triple Jump | - | 3 entries – 3 jumps only | 4 th 1 hour |
| Boys | High Jump | - | 4 entries-opening 4-10 | 1 st 2 hours |
| Girls | High Jump | - | 4 entries-opening 3-10 | 2 nd 2 hours |
| | Pole Vault | - | unlimited entries | combined boys and girls |
| | Weight Throw | - | unlimited entries | combined boys and girls |

**NOTE: MUST ADHERE TO LIMITED ENTRIES DUE TO NUMBER OF SCHOOLS
COMPETING.**