

**ELITE MEET FORMAT
OCIAA MEET @ West Point
January 11, 2009
SCORED – 29 SCHOOLS**

ORDER OF EVENTS

Running Events:

Girls	1500 meter walk	-	3 entries
Boys	55 meter hurdles	-	2 entries
Girls	55 meter hurdles	-	2 entries
Boys	55 meter dash	-	2 entries
Girls	55 meter dash	-	2 entries
Boys	3200 meter run	-	2 entries
Girls	3000 meter run	-	2 entries
Boys	1000 meter run	-	2 entries
Girls	1000 meter run	-	2 entries
Boys	300 meter run	-	2 entries
Girls	300 meter run	-	2 entries
Boys	3200 meter relay	-	1 team allowed
Girls	3200 meter relay	-	1 team allowed
Boys	1600 meter relay	-	1 team allowed
Girls	1600 meter relay	-	1 team allowed
Boys	800 meter relay	-	1 team allowed
Girls	800 meter relay	-	1 team allowed

Field Events: **NOTE:** Coach will designate 3 scorers per school/per event prior to the start of each event.

Girls	Shot Put	-	2 entries – 3 throws only	2 nd 2 hours
Boys	Shot Put	-	2 entries – 3 throws only	1 st 2 hours
Girls	Long Jump	-	2 entries – 3 jumps only	1 st 1 hour
Boys	Long Jump	-	2 entries – 3 jumps only	2 nd 1 hour
Girls	Triple Jump	-	2 entries – 3 jumps only	3 rd 1 hour
Boys	Triple Jump	-	2 entries – 3 jumps only	4 th 1 hour
Girls	High Jump	-	2 entries	1 st 2 hours
Boys	High Jump	-	2 entries	2 nd 2 hours
Boys	Pole Vault	-	2 entries	combined boys and girls
Girls	Pole Vault	-	2 entries	combined boys and girls
35 lb. weight		-	2 entries non-scoring	combined boys and girls following shot put, time permitting

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