



# Thursday Night Spikes

16<sup>th</sup> Annual

BARTRAM TRAIL HIGH SCHOOL

Thursday April 18th, 2024

Entry Limits: Unlimited – varsity level athletes only\*

Entry Fee: \$250/school – checks payable to Bartram Trail at address below.

Initial Entry Deadline: Monday, April 15<sup>th</sup>, 2024

Secondary Entry Deadline: Tuesday, April 16<sup>th</sup>, 2024

Second entry deadline for teams who have less than 2 athletes meeting minimum/maximum marks. On-line entry parameters will change from unlimited to 2. Entry standards will be removed.

This meet is not team scored. There are no awards.

### Field Events:

4:00pm Boys Discus, girls to follow	23.00m / 33.00m
Girls Shot, boys to follow	8.00m / 11.50m
Girls Javelin, boys to follow (infield)	23.00m / 33.00m
Boys & Girls LJ/ TJ to follow	4.00m / 5.40m
Pole Vault Boys & Girls together	2.25m / 3.00m
High Jump Boys & Girls together	1.32m / 1.57m

### Entry Minimum G/B\*

### Running Events:

**ALL TIMES APPROX. Events will Roll**

		<u>Entry Maximum G/B*</u>
4:00pm	1600 Slow Heats	
	100/110H	20.00 / 20.00
	100m	14.00 / 12.00
	1600m	6:30.00 / 5:30.00
	400m	70.00 / 56.00
	4x100m	none
	Legends Induction	
	400m Hurdles	1:20.00 / 1:10.00
	800m	2:50.00 / 2:20.00
	200m	29.50 / 24.50
	3200m	14:00.00 / 12:00.00
	4x400m	none

Updated 4/08/23

For more information contact:

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