

**Rising Phoenix Track Club, Pendleton High School Track & Field/Cross Country, Roundup City Racers**

**2019 All-Comers Field Meet #2**

**Pendleton High School  
1800 NW Carden Ave, Pendleton, OR 97801**

**June 29, 2019**

**9:00 AM**

**Field Events Being Contested:**

Shot Put  
Discus  
Javelin  
High Jump  
Long Jump  
Triple Jump

**Event Schedule:**

8:00 AM – Registration opens. Athletes may begin warmups upon completion of registration. Registration will close at 10 AM.

9:00 AM – All event areas open.

11:00 AM – Triple Jump will begin at this time, or after three calls have been made for more long jumpers upon the apparent conclusion of the long jump event.

**Event Operation:**

**Throws:**

All throwing event areas will run as an open pit for everybody. Athletes will line up to compete in the throwing event of their choice and will give their “result sticker” to the clerk of the event when it is their turn to compete. Every athlete will be given one, unmeasured practice throw. Each athlete will then take all three of their throws in a row. Those three throws will be marked and the longest throw will be measured and recorded on the athlete’s sticker on the clerk’s result page.

**Horizontal Jumps:**

Girls/women will jump in the east pit. Boys/men will jump in the west pit. Athletes will check in and give their “result sticker” to the clerk at the event. In a first come, first serve basis, athletes will be grouped into flights of 5-10 athletes and will get three jumps going through the order that the athletes’ stickers have been placed on the clerk’s result page.

**High Jump:**

The high jump pit will open at three feet and will be open pit for all competitors. Athletes will check in, give their “result sticker” to the clerk at the event, and tell the clerk at which height they will like to start jumping. The bar will move up three inches at a time until the bar gets to four feet, at which point it will go up two inches at a time when moving to the next height. Clerks will give warm up time at their discretion throughout the competition.