

# Mason County 2021 Indoor Meets Time Schedule

## “Amended 2/14/2021”

8:00 AM Doors open – Coaches and competitors only  
Coaches Meeting will be handled via email  
**There will be no open track for full team warmups prior to the meet**

### RUNNING VENT SCHEDULE

9:45 AM 4x8 Teams can use the track for warmups  
10:00 AM 4 x 800 meter relay Girls then boys  
10:45 AM 55m hurdle – girls then boys  
11:00 AM 55 m dash – girls then boys  
11:25 AM 1600m – girls then boys  
12:00 NOON 400m – girls then boys  
12:20 PM 800m – girls then boys  
12:45 PM 3000m – girls then boys  
1:15 PM 4x400m relay – girls then boys

### FIELD EVENTS SCHEDULE

8:30 AM Pole Vault/HJ/TJ Warmups begin  
9:00 AM B/G Triple Jump – open pit 45 minutes  
Boys HJ/Girls follow Boys  
Boys and Girls PV Combined  
9:45 AM Girls Long Jump Warmups begin  
10:00 AM Girls Long Jump – open pit 45 minutes  
10:30 AM Girls shot put warm ups begin  
10:45 AM Boys Long Jump Warmups begin  
11:00 AM Boys Long Jump – open pit 45 minutes  
Girls shot put  
11:30 AM Boys shot put warm ups begin  
12:00 NOON Boys Shot put

**WE WILL ADHERE TO THE TIME SCHEDULE TO ALLOW ATHLETES TO ONLY ARRIVE WHEN NEEDED FOR THEIR EVENT. WHEN AN ATHLETE FINISHES THEIR FINAL EVENT, WE ASK THAT THEY LEAVE THE FACILITY IF POSSIBLE.**

**IF THE WEATHER PERMITS, ATHLETES CAN WARM UP OUTSIDE**

**THE 3/16 INCH PYRAMID SPIKE RESTRICTION WILL BE STRICTLY ENFORCED  
ALL ATHLETES MUST HAVE SPIKES CHECKED AT THE SPIKE CHECK STATION  
WE WILL HAVE SPIKES AVAILABLE FOR SALE AT THE MEET (15 SPIKES - \$4)**