

<i>Meet procedures</i>	<b>Monroe County</b>	<b>City</b>	<b>Livingston</b>	<b>City Mod</b>	<b>County Mod</b>
	<b>Heats Run Fast to Slow</b>	<b>Heats Run Fast to Slow</b>	<b>Heats Run Fast to Slow</b>		<b>Fast to slow</b>
	<i>All running events Boys then Girls</i>	<i>All running events Girls then Boys</i>	<i>All running events Girls then Boys</i>	<b>G then B (can mix)</b>	<b>B then G</b>
<b>Order of Events</b>	110 M/100 M Hurdles	100 M/110 M Hurdles	400 IM Hurdles	4x200	<b>separate by grade</b>
	400 M Run	400 M Run	100 Meter dash	1500	55 M Hurdles
	1600M/1500M	1500M/1600M	3000/3200	100	50 M Dash
	100 M Dash	100 M Dash	800 Meter Run	10 min break	400 M Run
	400 IM Hurdles	400 IM Hurdles	400 Meter Relay	800	75 M Dash
	800 M Run	800 M Run	<i>15 minute break</i>	200	800 M Run
	200 M Dash	200 M Dash	200 Meter dash	400	200 M Dash
	3200/3000	3000/3200	3200 Relay	4x100	100 M Dash
	400 M Relay	400 M Relay	400 Meter Run		150 M Run
	1600 M Relay	1600 M Relay	100 /110 Meter Hurdles		4x100 Relay
	3200 M Relay	3200 M Relay	1500m/1600m Run		4x200 M Relay
			1600 Meter Relay		
<b>Field Events</b>	BoysLJ/ GirlsTJ can be open pit	LJ / TJ can be open pit	Discus HJ LJ PV	LJ/TJ	LJ/TJ
<i>In combined meets</i>	BoysPV/ GirlsHJ	Disc/SP	followed by SP and TJ	SP	SP
<i>run simultaneously</i>	Girls Shot / Boys Discus	HJ	<i>run simultaneously</i>	HJ	HJ
<i>with running events</i>	Girls PV/ Boys HJ	<i>run simultaneously</i>	<i>with running events</i>	<i>run simultaneously</i>	<i>run simultaneously</i>
<b>Order based on site</b>	BoysTJ/ GirlsLJ	<i>with running events</i>		<i>with running events</i>	<i>with running events</i>
	Boys Shot/ Girls Discus	<b>Order based on site</b>			
<b>High Jump</b>	Girls 4'0" up by 2" to 5'0" then 1"	Girls 3'8" up by 2" to 5'0" then 1" after	Girls: 3-6, up 3" to 4', 2" to 5' and 1" after	3'6" up by 2" to 5"	3'6up3"to4',2"to5', 1"after
Starting Ht.	Boys 4' 10" up by 2" to 6' then 1"	Boys 4' 10up by 2" to 5'6"then by 1"	Boys: 4-6, up 3" to 5', 2" to 6' and 1" after	1"after	
<b>Pole Vault</b>	Girls 6'0" up by 6"		Girls: 5-6, 6" to 8' and 3" after		
Starting Ht.	Boys 7'6" up by 6"		Boys: 7-6, 6" to 10' and 3" after		
	Some other points of note for Modified meets:				
	Enforce the jewelry rule				
	False start rule is waived				
	spikes are not permitted				