

BANGOR HIGH SCHOOL BANGOR OPEN TUESDAY, APRIL 8, 2025

LOCATION: Bangor High School, 700 10th Avenue South, Bangor, WI

TIME: Coaches Meeting 3:30pm Infield area of the track. (Starting line)
4:00pm-Field Events
4:30pm-Running Events

ENTRIES: UNLIMITED ENTRIES FOR RUNNING EVENTS

You will be allowed to scratch and replace. No additions. Replacement names will not be entered. No more than 15 athletes in a field event.

ENTRY PROCEDURES:

Step 1: Register online at <http://www accuracetimeing.com/>

Step 2: Submit entries by going on <http://www accuracetimeing.com/>

Step 3: Click on Upcoming Meets and find the BANGOR OPEN.

Final entries are due **4/7/2025 Monday 12:00pm**

ALL EVENTS ARE RUN AS FINALS (Slowest Heats to Fastest)

SPIKES: Spikes may be worn on all runways, approach areas, and the track itself (1/4 inch). No pin or “Christmas tree” spikes please. Also, please do not use athletic tape on track for marks in field events. Chalk will be provided.

SCORING: No team scores will be kept.

STARTING HEIGHTS:	High Jump	Boys - WBD	Girls - WBD
	Pole Vault	Boys 6'0"	Girls 5'0"

SHOT PUT:	Girls First Until Completion	Boys to Follow	4 Throws (No Finals)
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DISCUS:	Boys First Until Completion	Girls to Follow	4 Throws (No Finals)
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POLE VAULT:	Boys First Until Completion	Girls to Follow
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LONG JUMP:	Girls/Boys Cafeteria Format to Conclusion	4 Jumps (No Finals)
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TRIPLE JUMP:	Boys/Girls Cafeteria Format to Conclusion	4 Jumps (No Finals)
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AWARDS: No awards

TEAM AREAS: Please set up camps alongside the high school east of the main entrance (toward the baseball/softball fields) —south side of track.

CONCESSIONS: Concessions will be available on site.

JUDGES: STEVE BERG, KARL BISEK, TIMOTHY LEE

**BANGOR HIGH SCHOOL
BANGOR OPEN
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**ORDER OF EVENTS
GIRLS FIRST AND BOYS TO FOLLOW**

4:00 PM All Field Events

Shot Put 4 Throws-No Finals-Girls First Boys to Follow

Discus 4 Throws-No Finals-Boys First Girls to Follow

Triple Jump 4 Jumps-Cafeteria, No Finals

Long Jump 4 Jumps-Cafeteria, No Finals

High Jump Starting Height—Will be determined—Boys and Girls will Jump Simultaneously on Two Pits. Boys Pit to South – Girls Pit to North
We will use the “Five Active” procedure.

Pole Vault Starting Height—Boys First Girls to Follow
We will use the “Five Active” procedure.

4:30 PM All Running Events

3200M Relay (May Run as a Combined Boys and Girls Event)

100/110M High Hurdles
100M Dash
1600M Run
800M Relay
400M Dash
400M Relay
300M Intermediate Hurdles
800M Run
200 M Dash
3200M Run
1600M Relay

Schedule: We will not follow a definitive time schedule. The running portion of the meet will begin with the 4x800 relay and proceed as quickly as we can in order to accommodate how all must travel any distance. Heats will be based on slowest to fastest with NO finals.