

Monroe County Indoor Championships
Rochester Institute of Technology
10:00 – 4:00
Saturday, January 27, 2018

Athletes may do 3 events

Athletes May wear ¼ inch spikes

1st – 3rd will receive medals, ribbons 4th – 8th

Team Awards to the Top 5 teams

Each team may have 2 athletes (2 boys and 2 girls) per event, to have more than two, all must have met the following standards

55m Hurdles - .5 seconds over your class provisional

55m Dash - .4 seconds over your class provisional

300m Dash - 1.5 seconds over your class provisional

600m Run – 4 seconds over your class provisional

1000m Run – 5 seconds over your class provisional

1500/1600m Runs – 7 seconds over your class provisional

3000/3200m Run – 12 seconds over your class provisional

Race Walk – 8 seconds over your class provisional

Pole Vault – 12 inches below your class provisional

High Jump – 3 inches below your class provisional

Shot Put – 12 inches below your class provisional

Triple Jump – 18 inches below your class provisional

Long Jump – 12 inches below your class provisional

Weight Throw – **12 inches below your class provisional (Change in standard)**

Schools may run 1 boys and 1 girls relay per relay event

Order of Events (same as sectional order)

3000/3200m Runs

Girls then Boys Triple Jump, followed by Girls, then Boys Long Jump

55m Hurdles

Boys then Girls Weight Throw

55m Dash

Girls, then Boys Shot Put

1000m Run

Boys, then Girls High Jump

Girls 1500m Race Walk

Girls, then Boys Pole Vault

600m Run

1500m/1600m Runs

300m Dash

4 x 800m Relay

4 x 400m Relay

4 x 200m Relay

Jobs for Schools

Batavia – Boys Weight Throw
Brighton – Girls pole Vault
Brockport – Girls Shot Put
Canandaigua – Boys Long Jump
Churchville Chili – Boys Long Jump
Eastridge – Hurdles
Fairport – Girls Long Jump
Gates Chili – Boys Pole Vault
Greece Athena – Boys Triple Jump
Greece Arcadia – Girls Triple Jump
Greece Odyssey – Hurdles
Greece Olympia – Hurdles
Hilton – Girls Pole Vault
Irondequoit – Girls Long Jump
Penfield – Awards, and sell of shirts
Pittsford Mendon – Girls Triple Jump
Pittsford Sutherland – Boys Triple Jump
Rush Henrietta – Boys High Jump
Spencerport – Boys Shot
Victor – Boys Pole Vault
Webster Schroeder – Girls High Jump
Webster Thomas – Girls Weight Throw

To help pay for the awards, Monroe County Indoor Track Championship shirts will be sold. Cost is \$15.00