

# CONNEXT500

# \* WINTER \* STATE SERIES

*Track & Field*

KICK OFF TO INDOOR SEASON \*

# \* MEET \*

Sunday, January 9, 2022 \*

Ripon College

\* Wilmore Center \*

High School Division

Post Collegiate Division

Middle School & Under Division

\$10 per athlete

\$200 for clubs



Register or go to [www.athletic.net](http://www.athletic.net)

Want more information? Visit [www.connexusa.com](http://www.connexusa.com)

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## WINTER STATE SERIES

*Track & Field*

### MEET

#### Field Events

Long Jump, Triple Jump, High Jump, Pole Vault, & Shot  
Put

#### Running Events

60 Meter High Hurdles Trials

Top 8 times to go finals for each division

60 Meter Dash Trials

Top 8 times to go finals for each division

4x200 Meter Relay

1600 Meter Run

400 Meter Dash- Run in lanes, no blocks

60 Meter High Hurdles Final

60 Meter Dash Final

800 Meter Run

3200 Meter Run

1600 Meter Relay

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## WINTER STATE SERIES

*Track & Field*

### MEET

Long Jump Trials: (cafeteria style - 4 jumps, no finals)

Triple Jump Trials: (cafeteria style - 4 jumps, no finals)

Shot Put (throw in order by flight 1-1-1-1) – four throws no finals

High Jump/Pole Vault (five alive)

\* Long Jump/Triple Jump: open pit – four jumps no finals  
¼ inch pyramid spikes only

NO Spikes outside of the fieldhouse – athletes will be given a warning and then removed from competition if found with spikes on outside of the fieldhouse a second time

NO food or drinks inside the fieldhouse (water is the only exception)  
Food is allowed in the atrium/lobby area by the concession stand

\* Athletic Trainers Provided by Bellin Health

\* Bellin Health's sprint & running specialists will be on site to field questions