

## PRE-MEET CHECK LIST

### TRACK:

Surface \_\_\_\_\_ Obstructions \_\_\_\_\_  
Start Lines 100 \_\_\_\_\_ 110H \_\_\_\_\_ 300H \_\_\_\_\_ 200 \_\_\_\_\_ 1 turn stagger \_\_\_\_\_  
2 turn stagger \_\_\_\_\_ 3 turn stagger \_\_\_\_\_ 4 turn stagger \_\_\_\_\_  
Break Line \_\_\_\_\_ 4 X 100 Relay 1 to 2 \_\_\_\_\_ 2 to 3 \_\_\_\_\_ 3 to 4 \_\_\_\_\_  
4 X 200 Relay 1 to 2 \_\_\_\_\_ 2 to 3 \_\_\_\_\_ 3 to 4 \_\_\_\_\_  
4 X 800 Relay 1 to 2 \_\_\_\_\_ 2 to 3 \_\_\_\_\_ 3 to 4 \_\_\_\_\_  
4 X 400 Relay 1 to 2 \_\_\_\_\_ 2 to 3 \_\_\_\_\_ 3 to 4 \_\_\_\_\_

### THROWS:

**Discus:** Ring \_\_\_\_\_ Throwing Sector \_\_\_\_\_  
Cage \_\_\_\_\_ [inside the Track, within 4-5 ft. of sector lines]  
**Shot:** Ring \_\_\_\_\_ Throwing Sector \_\_\_\_\_

### JUMPS:

**Long and Triple Jumps:** Runway \_\_\_\_\_ Landing Pit \_\_\_\_\_  
Take Off Board \_\_\_\_\_  
**High Jump:** Base Pads Connected \_\_\_\_\_ Top Common Pad \_\_\_\_\_  
Base of Standards Marked \_\_\_\_\_ Hard Surfaces Padded \_\_\_\_\_  
**Pole Vault:** Base Pads Connected \_\_\_\_\_ Top Common Pad \_\_\_\_\_  
Standards Zeroed \_\_\_\_\_ Hard Surfaces Padded \_\_\_\_\_  
**Dimensions:** Overall Width \_\_\_\_\_ Overall Depth \_\_\_\_\_  
Depth From Planting Box \_\_\_\_\_ Distance From Planting Box \_\_\_\_\_