

MARCH 12  
1983 ASHLAND ARROW  
INDOOR TRACK INVITATIONAL  
ASHLAND COLLEGE CONARD FIELDHOUSE

TEAMS - Dover, Galion, Lancaster, Madison, Malabar, New Philadelphia, Oberlin, Shelby, Toledo Panther T.C., Wadsworth, Wooster, Ashland.

TIMES - 8:00 - Doors Open  
9:00 - Field Events Start  
10:00 - Running Events Start

Field Events: Shot Put - 3 puts (2 and 1)  
Long Jump - 3 jumps (open jumping till 10:00)  
Pole Vault - start at 10' increasing 6" each time.  
High Jump - follows shot put, start at 5'6", increase 2" at a time.  
Triple Jump - follows long jump - 3 jumps (open jumping till 11:30)

Running Events: 50 yd. High Hurdles - prelims, quarters, semis (12 heats)  
50 yd. Dash - prelims, quarters, semis (12 heats)  
10 min. break  
50 yd. High Hurdles - finals and consolation heats (2)  
50 yd. Dash - finals and consolation heats (2)  
10 min. break

19 4 1/2  
19 5 1/2  
19 6  
20 1/4  
21 1/2

All places in lap races of 2 or more heats decided by times.  
1600 meter Run - 10 7/8 laps - 2 heats  
400 meter Dash - 2 3/4 laps - 6 heats  
8 lap Relay - 2 laps (320 yds) per runner - 3 heats  
1000 meter Run - 5 3/4 laps - 2 heats  
500 meter Dash - 3 1/4 laps - 6 heats  
24 lap Relay - 6 laps (960 yds) per runner - 2 heats  
300 meter Dash - 2 laps - 6 heats  
800 meter Run - 5 1/3 laps - 3 heats  
3200 meter Run - 21 3/4 laps - 2 heats  
12 lap Relay - 3 laps (480 yds) per runner - 3 heats

Entries - 2 per team in each open running and field event and 1 relay team in each relay.

Awards - Medals to all first place finishers including individual members of relay teams and Ribbons to 2nd through 6th places.  
"OUTSTANDING INDIVIDUAL" placque awarded on coaches vote.  
All awards to be presented after final relay.

Scoring - no team scores kept

Track - length of track is 160 yds or 146.3 meters; sprints and hurdles run on 4 lanes.

Admission - for all non participants and spectators - \$2.00 for adults  
\$1.00 for students

Food - concession stand with Hot Dogs, Candy, Chips, Drink hot and cold will be set up in fieldhouse as last year.

Misc. - No spikes permitted, please clean up areas after meet.

28'7 1/2

21 1/2

19'5 1/2

19'9"

19 1/4

18'10"

Mad

18'4 1/2

Mal

18'6 1/2

N P

19 1 1/2

19 4 1/4

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