

The meet is open to both individual and team entries.

Rules for team competition:

Competitors can form teams of up to 6 people to compete for the overall trophy. The team with the highest score at the end of the competition wins the trophy.

Points are awarded for placing, with the highest number of points going to first, second most high to second, etc. all the way to six places.

First: 6 points

Second: 5 points

Third: 4 points

Fourth 3 points

Fifth: 2 points

Sixth: 1 points

Teams can add up the best score of each individual member of the team, but not using the same event twice. For example, if two members of a team place first and second in the 100m dash, they can only use one score from the event. If the first place finisher also placed first in high jump, it may be better to use the first in high jump and the second in the 100m since each team member can only have a single score included in the tabulation. Teams can be comprised of competitors of any combination of ages, genders, or events.

Max 3 events/person

Team registration will take place on the morning of the meet.

NOTE: You do NOT need a team to participate.