

2022 FIRELANDS CONFERENCE

HIGH SCHOOL TRACK & FIELD CHAMPIONSHIPS

General Information:

1. Spikes may not exceed 1/8".
2. Markings - Use tennis balls. Marks on the side of runways and lanes, ABSOLUTELY NO TAPE.
3. Chalk will be provided at high jump.
4. Please refrain from wearing spikes in the bleachers.
5. Non-participants and spectators must stay outside the track. Coaches' boxes will be provided for high jump and long jump.
6. All contestants must report to the clerks by the third call. Clerking for running events will be located in the bullpen on the west end of the track, with the exception of the 200M and 300H races, who will report to their respective starting lines.
7. Awards will be given out to each head coach at the conclusion of the meet in the pressbox.
8. Scoring will be 10-8-6-4-2-1.
9. **Baumspage: Entries are due on Tuesday, May 10 by 7:00 pm.** No scratch window will be available for this meet. Only relay substitutions can be made throughout both nights of the meet.
10. Seeding: Field Events - competitors will be seeded worst to best in both order and flight. Running Events - competitors will be seeded by times into standard lanes. Competitors in prelims will be seeded by times, back and forth between both heats to produce more even heats. No adjustments, such as splitting teams will be made.

Running Event Information:

1. Relay cards will NOT be used. You may switch athletes in relays without prior notice. However, if you make a change, make sure you inform the finish line clerks should your team place first in the event. This will ensure that we get the proper athlete's names to the newspapers / teams scoring.
2. Remind sprinters to stay in lanes at the end of their races. Do not walk in front of the camera.
3. 400M - lanes the entire race.
4. 800M - Two-turn stagger.
5. 1600/3200M Runs - One-turn stagger.
6. 3200M Relay - Two-turn stagger, then California exchange.
7. 400M Relay - lanes the entire race, yellow exchange zones.
8. 800M Relay - lanes the entire race black exchange zones first two exchanges, yellow exchange for final exchange.
9. 1600M Relay - 1st runner in lanes, second runner remains in lane through one curve, last two exchanges are California.

Field Event Information:

1. Shot Put, Discus and Long Jump - each competitor will receive 3 trials in prelims and 3 trials in finals. Top 7 will go to finals immediately following the last flight of prelims.
2.

<u>Starting Heights:</u>	<u>H.S. Boys</u>	<u>H.S. Girls</u>
High Jump	5'0"	4'0"
Pole Vault	8'	6'

Heights will be raised in increments (High Jump - 2", Pole Vault - 6") until one competitor remains. **Starting heights may be adjusted depending on the entered heights of the competitors.** Any change in the above starting heights will be emailed to you Wednesday morning.

Field Event Order:

1. High Jump and Pole Vault - best go last
2. Long Jump – 2 flights, best go last. Top 7 go to finals
3. Shot and Discus - 2 flights, best go last. Top 7 go to finals

Awards:

Four "Most Valuable Athlete" honors will be awarded at the conclusion of the meet. Coaches will meet after the 1600m relay to vote on male and female most valuable runners, and male and female most valuable field athletes. We ask all coaches to report to the finish line area at the conclusion of the meet for voting.

School Assignments:

Crestview - Discus
Western Reserve - Shot Put
Monroeville - High Jump
South Central - Long Jump
New London - Pole Vault
Plymouth - Exchange Zones/Hurdles
St. Paul - Exchange Zones/Hurdles
Mapleton - Exchange Zones/Hurdles

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Entrance Fee: All tickets are \$6.00 at the gate, 6 and under are free.

- Students (not adults) can purchase presale tickets for \$4 from their school.
- Gates will open at 3:30pm on each date.

Team Camps: No camps in the home bleachers or inside the track.

Spikes: 1/8 or less. No spikes or implements in the bleachers.

Markings: Tennis balls. Place marks to the side of runways. NO TAPE!

Warning: This is a championship meet. Officials will show no mercy at this level. Uniform infractions will get you disqualified. Pay particular attention if you are in a relay. Sprinters: need to stay in their lanes after crossing the finish line. You will be asked to walk back towards the finish line. DO NOT WANDER. DO NOT ask the officials your time.

Clerk Locations: All events will be clerked at the west end of the track on the spur by the scoreboard. Athletes in the 300M hurdles and 200M dash should report to the clerk at the start line for that race.

Throwing Events: Weigh-ins will take place at the west end of the track in the weight room next to the restrooms each day. Please have your throwers report to this location to have all implements being used in competition that day weighed. Implements not making weight will be impounded and can be collected at the same location upon completion of the throwing events.

Time Schedule

Wednesday, May 11

5:00pm - Girls Discus, High Jump;
Boys Shot, Long Jump, Pole Vault

5:30pm - 100m Hurdles-Top 8 to Finals

5:40pm - 110m Hurdles-Top 8 to Finals

5:55pm - FINALS Girls 3200m Relay

6:10pm - FINALS Boys 3200m Relay

6:25pm - 100M Dash Prelims - top 8 to finals

6:45pm - 400M Dash Prelims - top 8 to finals

7:10pm - 300M Hurdle Prelims - top 8 to finals

7:35pm - 200M Dash Prelims - top 8 to finals

Friday, May 13

5:00pm - Girls Shot Put, Long Jump, Pole Vault;
Boys Discus, High Jump

6:00pm

100/110 Hurdles

100M Dash

800M Relay

1600M Run

400M Relay

400M Dash

300M Hurdles

800M Run

200M Dash

3200M Run

1600M Relay