

## Coaches' Instructions 2013 Miele Invitational

Welcome to the 19<sup>th</sup> annual Miele Invitational. We gather here in the spirit of friendly competition. Good luck to all competitors and coaches.

1. All athletes must remain outside the fence until they check-in or unless competing in High Jump, Long Jump or Pole Vault. **Please keep your athletes off the football field!**
2. Athletes for all running events report to the bullpen in the north end zone (closest to the Ice Arena) upon 1<sup>st</sup> call. The bullpen for the 300 hurdles will be at the southeast gate near the shot put area.
3. Preliminary heats will be run in the 110/100 high hurdles, 100, and 200. Advancement will be 1<sup>st</sup> place and next fastest qualifiers depending on the number of heats. **The hot heats will be run last for all event finals.**
4. **Only ¼" or less spikes** or less are permitted on the all weather track and runways. Spikes will be checked in the bullpen.
5. For relays please provide your own batons and markers.
6. Scoring for all events will be to eight places: 10-8-6-5-4-3-2-1.
7. Trophies for the 1<sup>st</sup> place team and plaques for the 2<sup>nd</sup> and 3<sup>rd</sup> place teams. Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers and ribbons for 4<sup>th</sup> through 8<sup>th</sup> place in each event.
8. Two MVP's for each gender will be awarded: running events and field events. Awards will be based on total points an individual scores in all events, with relay points divided by four. Special consideration will also be made for meet records or other noteworthy performances, if points are either close or tied between multiple athletes. The head scorer will check the results and determine the MVP's.
9. **Medical table** is located at the south end, outside the gate after the finish line.
10. **Coaches' Hospitality** will be located in the Ice Arena café. Please go through the west entrance. Only coaches with tickets will be admitted; no athletes allowed.

**Field Event Information on reverse side!**

## Field Event Information

1. Check-in for all field events will be at the field event.
2. Long jump will be **in flights for girls from 9:00- 11:00 am**; each competitor will be allowed four jumps. **Boys' flights will follow after a 15 minute break. Boys pit will be open from 11:15 to 1:00 PM. Only one jump will be allowed in the last 15 minutes. No finals, four attempts allowed.**
3. **Weigh-in will be from 8:30-8:50 am outside the north locker room behind the stadium. See Tim Vala to weigh in** the throwing implements. **Competitors can throw their own marked implements.** Illegal implements will be impounded and returned after the event is completed. We will start with boys' discus throw and girls' shot put, and then boys' shot put and girls' discus throw after the first events are completed.
4. **There will be a scratch line in all throwing events. No finals, four attempts allowed. All first throws will be measured, but unless subsequent efforts surpass the minimum distance, they will not be measured.**
  - Boys shot: 35 feet      Boys discus: 90 feet
  - Girls shot: 25 feet      Girls discus: 75 feet
5. High Jump and Pole Vault will be "5 alive". Helmets are strongly recommended for all vaulters.
  - Girl's high jump starts at **4'3"-4'6"-4'9"-5'0"**, then in increments of 2".
  - Boy's high jump starts at **5'3"-5'6"-5'9"-6'0"**, then in increments of 2".
  - Girl's pole vault starts at **6'0"-7'0"-7-6"-8'0"-8'6"-9'0"-9'6"-10'** then in increments of 3".
  - Boy's pole vault starts at **9'0"-10'0"**, then in increments of 6".

**All coaches must verify their vaulters' weights and poles** at the pit, prior to the start of the competition. Athletes found competing with unauthorized equipment will be disqualified from all competition. Coaches' area for pole vault will be a bench near the scoreboard.

HJ and LJ coaching area will be in the north end zone of the football field. Pole vault coaching area will be in the south end zone.