

**Wildcat Premier
Coaches Information**

BREAKFAST IS PROVIDED TO ALL COACHES AND OFFICIALS UNTIL 12:00PM IN THE FIELDHOUSE LOCATED AT THE SOUTH END OF THE STADIUM.

***Katies Pancakes will offer all you can eat pancakes for \$4 from 7:30 – 11:00**

1. Athletes should bring their own batons when checking in.
2. No jewelry.
3. Visible Undergarments – must be a single color, if worn by more than one team member and that apparel must be the same color, but not necessarily the same length.
4. No bare midriffs.
5. Girls shuttle hurdles – there will be 2 markings for the girl's race. One will be where the runner comes out of the blocks and another where the incoming runner crossing the line. The finish line does not change however the starting line will move back.
6. Please have athletes use their own chalk or tennis balls for markings on the track and on the outside of the runways for the long jump and pole vault.
7. You may use tape or chalk for marks at the high jump – they will run simultaneously.
8. Long Jump, shot put and discus- 4 jumps/throws – no finals. Combined scoring.
9. Field Events – any last minute changes please do so at the event.
10. All running events – 1 entry for individual events. Regarding relays - if something happens during the course of the meet and one of your relay members cannot run, just replace that person with the clerk during check in.
11. A trainer is on call for taping, ice or emergencies. Please provide your own supplies if possible. The trainer will be rotating between track and baseball.
12. If there is a problem please see one of the 6 officials or myself. Please do not approach our volunteers.
13. Please have athletes checked in at 2nd call.
14. The long jump is open pit for 90 minutes. Athletes will not be permitted to leave until 2nd call of a running event will receive 4 jumps.
15. Throwing events are in flights 4 throws, with 2 throws in a row. The discus will be measured to the nearest lesser inch and shot put to the nearest lesser quarter inch.
16. Results will be posted on the window at the press box.
17. We will provide shelter for your athletes if supervised. However the athletes need to remain on the last two courts. Restrooms are behind the first court and athletes may use them but please tell them to stay out of the way of the game and they can not go anywhere else in the building. I really need your help with this. **ATHLETES PLEASE CLEAN UP AFTER YOURSELF. NO SPIKES ALLOWED IN GYM. FIELDHOUSE WILL CLOSE AT 1:00PM.**
18. Regarding markings – Running events chalk or tennis ball only no tape.
Long Jump and Pole Vault – athletes will need to make no more then 2 marking on either side of the runway. Please do not put markings on Runway.
19. We will have an 8 place scoring 10-8-6-5-4-3-2-1