



## 7th Annual Rocky Brands Track & Field Invitational

Saturday, April 5 – 9:30 AM

Coaches,

The 7th Annual Rocky Brands Track & Field Invitational will be held on Saturday, April 5 at Nelsonville-York High School. Field events will begin at 9:30 a.m. and running events will begin at 10:30 a.m. A brief coaches meeting will be held at 9:15 a.m. at the finish line tent.

We will not run prelims in any events this year, so all running events will be timed finals. Please understand that it is very important that you enter a legitimate time for every athlete. Athletes with no times will automatically be seeded in the slow heats. The order of events is included as an attachment.

All contestants must report to the hip number table/tent near mid-field within two minutes of the 3<sup>rd</sup> call by the announcer to receive their hip number. Athletes then will need to report to the clerk at the 100m start for all races. Failure to report in the prescribed time will result in an automatic scratch of that athlete for that event.

Field events will start with the girls high jump, boys long jump, girls pole vault, girls discus and boys shot. For the shot put, discus and long jump, athletes will be permitted to throw/jump a total of four times. There will be no finals, so the best throw/jump overall will determine the placers.

The head field judge will weigh all field event instruments at the ticket booth at the track entrance from **8:15 to 9:15 a.m. ONLY**. Pole vaults will be inspected at the trainer's tent behind the finish line tent. Please make sure both **your boys and girls instruments** are presented for inspection during this time frame.

The starting heights will be determined by the games committee once all entries have been received. High jump will increase in 2" increments until there are six competitors remaining and then will be increased by 1" increments. The pole vault will increase in 6" increments until there are six competitors remaining and then be increased by 3" increments thereafter. The referee may adjust the number of competitors as needed.

Entries for the event must be submitted at [www.baumspage.com](http://www.baumspage.com). Entries must be submitted online by **7:00 PM, Friday, April 4**. We are permitting two entries per team, per individual event. The entry deadline is set for late Friday to provide for ample time to make adjustments to your entries after your practice on Friday. You may submit your roster anytime and make changes by resubmitting up until the deadline. **After this time, only changes due to illness will be permitted and will be limited to one athlete per team. These changes must be communicated to me via phone or e-mail by 8:30 AM Saturday.** **Please** be sure to enter accurate and reasonable times and distances to ensure proper seeding.

Please note that we will not allow tape to be used as markers on the track surface. Tennis balls or mini cones are recommended alternatives. Chalk may be used.

Schools will be divided into two divisions based on enrollment: large school and small school. Team trophies will be awarded to the champion teams in both divisions of the boys and girls. Medals will be awarded to the top three overall finishers in each event and ribbons will be awarded to the 4<sup>th</sup>-8<sup>th</sup> place finishers in each event. In case of tie, a coin toss will determine who receives the medal/ribbon. Individual high point plaques will be awarded to the overall top point earners in all events except the throws. Separate high point awards will be awarded to the high point award winners in the throws events.

We will have concessions available all day/evening. We will also have Gameday Sportswear on site making on-demand invitational tee shirts and other apparel.

Tents and camps can be set up either under the bleachers on the concrete pads, or high up in the bleachers on the visitor's side.

If you have any questions about the meet, or need assistance with submitting your entries or scratches online, please contact Terry Young at 740-517-0195 or e-mail [terry@baumspage.com](mailto:terry@baumspage.com) or [ny\\_tyoung@seovec.org](mailto:ny_tyoung@seovec.org).