



16th Annual Rocky Brands Track & Field Invitational

Saturday, March 30 – 9:30 AM

The 15th Annual Rocky Brands Track & Field Invitational will be held on Saturday, March 30 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 9:10 a.m. at the finish line.

We will once again run two separate divisions this year – large school and small school (see attached for the division your school has been assigned to). If any small school would like to compete in the large school division, please let me know ASAP. Also attached is the schedule/order of events.

We will not run prelims in any events so all running events will be timed finals. It is imperative that you enter an accurate, legitimate FAT seed time/distance for every athlete in every event. Athletes with no times will automatically be seeded in the slow heats. There will be no prelims in the field events.

The head field judge will weigh all field event instruments for both genders at the shelter located between the shot and discus venues from **8:15 to 9:15 a.m. ONLY**. Vaulting poles will be inspected at the trainer's tent behind the finish line van. Please make sure both **your boys and girls implements** are presented for inspection during this time frame.

There will be a 15-minute maximum check out period in place for all field events. Athletes who need to check out to go to another event will have 15 minutes to return to the event. Athletes who fail to report back within the 15-minute time frame without requesting permission from the event judge of the need for an extended check out period, will have their attempts automatically passed.

The starting heights for the vertical events will be determined by the referee 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.

Entries for the event must be submitted at www.baumspage.com. Entries are due by **6:00 PM, Friday, March 29**. We are permitting two entries per team, per individual event and one entry per team per relay event. The entry deadline is set for late Friday to provide for ample time to adjust your entries after your practice on Friday. You may submit your roster any time 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, text or e-mail by 8:00 AM Saturday.** A performance list reflecting all entries will be posted on baumspage by 7:00 PM Friday evening. Preliminary heat/lane/flight assignments will be posted late Friday evening.

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.

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 finishers in each event and ribbons will be awarded to the 4th-6th 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 in each division excluding the throwing events. Separate high point awards will be awarded to the high point award winners in the throwing events.

The Nelsonville-York Athletic Boosters will have concessions available all day! Inspire111 will be on site selling 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.

Entry fee is \$75.00 per boys or girls team (\$150.00 for both). Please make checks payable to Nelsonville-York City Schools. Please let me know if you need an invoice.

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.