

## BEDFORD DISTRICT TRACK AND FIELD MEET INFORMATIONAL SHEET

- 1) If necessary, there will be a coaches meeting at 3:30 PM on Thursday.
- 2) Only 1/4" or smaller spikes will be allowed.
- 3) Four boys and four girls will qualify to the Regional Meet at Austintown Fitch.
- 4) Participants must be in their uniform to enter. All others must pay admission.
- 5) Depending on the number of entrants in the 1600, 3200, and 800 there may not be semi finals in these races on Thursday. The games committee will make the decision on Monday and the updated schedule will be posted on Baums page by Tuesday.
- 6) The open pit procedure will be used in the long jump. On Thursday, male athletes will have from 4:00 pm to 5:30 pm to complete their preliminary jumps. On Saturday, female athletes will have from 10:00 AM to 11:30 AM to get their preliminary jumps completed.
- 7) Shot and discus must be weighed in prior to beginning competition. Once the competition begins, all implements must remain at the site until competition is completed that day.
- 8) In accordance with OHSAA rules, contestants must adhere to uniform restrictions.
- 9) The area where it is illegal to remove any part of the uniform is inside the fence that surrounds the track and stadium field. For the shot and discus, this includes the area containing these events.
- 10) NO CHALK OR TAPE IS PERMITTED AS MARKS ON THE TRACK OR HIGH JUMP AREA.
- 11) NO COACHES OR SPECTATORS WILL BE PERMITTED IN THE HIGH JUMP OR LONG JUMP AREAS. DESIGNATED VIEWING AREAS WILL BE POSTED.
- 12) Competitors may check in with the clerks at the north end of the track. All running events (except for the 200m Dash and 300m Hurdles) will be checked in that area. The 200m Dash and 300m Hurdles will be checked in at their respective start area.