

COACHES PACKET PICK-UP

Team packets can be picked up in the lobby of the school beginning at 8:30 am.

CHANGING MEMBERS OF A RELAY TEAM AND RELAY ALTERNATES

Changes can be made in the bullpen when checking in with the bullpen clerk.

HEAT SHEETS

Because of printing deadlines for the meet program, changes made after Friday at noon may not be reflected in the program. Depending on the number scratches, heats may be reseeded and/or combined.

CONCESSION AREA

Food is available for purchase in the concession area located under the Mehock Field tower.

COACHES LUNCH

Boxed lunches will be available in the cafeteria between running preliminaries and finals.

T-SHIRTS

Commemorative t-shirts will be available for purchase.

ENTRANCE

All athletes and coaches will enter through the coaches and athletes gate. **NO WRISTBANDS THIS YEAR!**

SPIKES

Spikes will be checked. A maximum of $\frac{1}{4}$ " permitted – pyramid style.

AREA OF COMPETITION- RESTRICTED AREA

The track infield will be considered the area of competition as well as the area around the pole vault. No coaching can take place in this area. While in the competition area, all contestants are prohibited from removing their jersey. The exception to the competition area would be the bullpen check-in area. **The infield is considered a restricted area and will be off-limits to coaches and athletes. Exception: one coach per school in SP and HJ coach's boxes. Please help us by adhering to these rules.**

ATHLETE WARM-UP AREA

Athletes will have access to the back-side of the track during preliminary competition. No warm ups will be permitted during finals competition.

ELECTRONIC DEVICES

Electronic devices may be used in unrestricted areas and coaching boxes. Electronic devices shall not be used to transmit information to the competitor during the race or trial. Electronic devices shall not be used for any review of an official's decision

APPEALS

Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been announced or made official in that event. The head coach may submit a written appeal to the referee stating which rule had been misapplied or misinterpreted. The referee may consult with the Games Committee before reaching a final decision.

GAMES COMMITTEE

Only the games committee shall determine the administrative procedures, and the terms and conditions that will govern the competition.

SHOT PUT AND DISCUS

CONTESTANTS WILL BE PERMITTED TO USE THEIR OWN IMPLEMENTS. ALL IMPLEMENTS MUST BE APPROVED BY THE WEIGHTS AND MEASURES OFFICIAL PRIOR TO COMPETITION – located in the building at the west end of the track (flag pole.) Top nine marks will advance to the finals. Finals will follow immediately after preliminaries. One coach will be permitted in the coaching area.

SCHEDULE

The meet will operate on a rolling time schedule. First, second, and third calls, prior to the start of each event, will be made over the public address system. Ultimately it is the athlete's responsibility to be checked-in and ready to compete when their event is called.

PRELIMINARIES

Semi-finals will be run in the 100m dashes, 100m hurdles, 110m high hurdles, 200m dashes. Each heat winner, plus next fastest times will advance.

STARTING HEIGHTS – VERTICLE JUMPING EVENTS

- | | | | | |
|---------------------|------|--------------------|-----|------------------|
| • Boys - Pole vault | 10-0 | Girls - Pole vault | 7-6 | up 6" increments |
| • Boys - High jump | 5-6 | Girls – High jump | 4-6 | up 2" increments |

HORIZONTAL JUMPING EVENTS

The long jump will be conducted in flights. An athlete must report prior to, and be ready to participate when his/her flight is announced. Top nine marks will advance to the finals.

EXCUSED COMPETITORS

Athletes competing in other events, at the same time, must be excused from the competition by the event official. Athletes will be permitted 15 minutes to return to the competition or be issued a passed attempt.

HIGH JUMP, SHOT PUT and POLE VAULT COACHING AREAS

Each team with a contestant entered in the high jump and shot put will be permitted to have one (1) person in the coach's area on the infield of the track. For the pole vault, the coaching area will be the area adjacent to the pole vault runway. Coaches must remain in this area during competition, and are subject to rules regarding coaching in a restricted area.

INCLEMENT WEATHER

Should there be a need to vacate the track and suspend competition due to thunderstorms, athletes and coaches will report to their buses, spectators to their cars and meet officials will go into the school cafeteria. Competition will resume 30 minutes after the last lightning strike/thunder. If there is a lengthy delay a short warm up will be allowed.

RESULTS

Event results will be posted under the Mehock Field Tower. Live results can be found at www.timingfirst.com.

ATHLETE REPORTING AREA

- Preliminaries: report to the event starting area.
- Finals: report to the bullpen at the east end of the track (opposite flag pole). Exceptions include Hurdle Events and 100 & 200m Dashes which will report to the event starting area.
- All field event competitors should report to the event location.

SEATING

Seating is limited. **The bleachers on the front straight-away, back straight away and shot put area are reserved for paying patrons only.** Plenty of green-space is available around the track for team camps.

**You may want to remind athlete's families that attend the meet to bring personal seating.