

Friday, May 16, 2014
2014 SBC Championship Program/Meet Notes

-The posted program is the latest updated version and is the program you will also receive when getting your packets.

-Please head to the press-box as soon as possible when arriving to the stadium. Please bring scratches, replacements, etc. so that we can update our officials' sheets as soon as possible and get the meet running on time.

-FAQ's:

Q. What will be used to start the races? (Why?)

A. We will be using the electronic gun, which makes a loud tone to start the race (as you may have heard in the Olympics for example). Please have your athletes ready to start on the tone. The volume of the tone has never been an issue, but the adjustment to that sound has. The electronic gun has been much more reliable for our timing system (eliminated false timing system starts , etc.)

Q. When and where can our athletes warm-up?

A. Athletes should use the track as the only place to warm up. They may use any place on the track from the time you arrive until we begin pre-lims. They may use the backstretch at any time (unless the lanes are being used for a race). It will be like this from this point on (Districts, Regionals, State and this is our stadium policy as well

Athletes must use the visitors' gate (near the 200 start) to enter the track unless competing in the LJ. They will use this gate to access the bull-pen check-in as well.

Q. Order of Events? Prelims?

A. We will run the meet as the guidelines that were previously agreed upon by league coaches for the SBC League Meet. Prelims are scheduled as:

- Boys 100m Dash
- Girls 100m Dash
- Boys 110m High Hurdles
- Girls 100m Hurdles
- Girls 4x800m Relay
- Boys 4x800m Relay
- Boys 200m Dash
- Girls 200m Dash

Reminders:

-Boys Long Jump first with an open pit for 1 hour with top 9 advancing to finals immediately following prelims. Have your athletes paying attention; we may start finals if all jumps are finished before an hour (however, 1 hour will be the cut-off, so jumpers must make sure to not wait until the last minute to get their jumps in).

Girls LJ will immediately follow Boys LJ finals.

-Originally we had planned to use both runways with boys and girls jumping simultaneously. However, with 1 official for LJ, we decided to only have one event at a time.

-The finish-line gate will be an "Exit Only" once racing begins. *Only athletes participating in LJ and HJ and coaches will be given access.* Once the meet begins, please have athletes do warm-ups or exchange practice on the back-stretch (when lanes not in use for an event). Only athletes competing in Pole Vault and another jumping event should be crossing the field.

-Our goal is to run as smooth a championship meet as possible in which times and heights are the deciding factors.

-The above stadium guidelines are what we have found to produce the safest and most efficient track and field competition environment for our location.

-We have a trainer, Jordan, who's room is located under the bleachers near the main entrance gate should any athlete need attention during the meet. If he is not there, please notify the press-box or finish line.

Thank You and Good Luck!

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