

2016 SWC Championships - ATHLETE INFORMATION

- 1) 1/4 inch spikes are required. Spikes are prohibited in the bleachers.
- 2) Throwing implements are prohibited in the bleachers.
- 3) The order of events will be called over the loudspeaker. Running events will check in at the bullpen at the South end of the track. All members of relay teams must check in together.
- 4) Tennis ball halves are to be used for relay exchange zones. No tape or chalk.
- 5) Athletes are to stay off of the infield.
- 6) Tents will be provided for pole vault and high jump competitors adjacent to their event areas. All other tents and camps must be outside of the track. Please keep your camps clean.
- 7) Uniforms and numbers: Follow MF rule 4-3.
- 8) **Time limits: pole vault: 90 seconds after being called up; shot put, discus, long jump, and high jump: 60 seconds after being called up.**
- 9) Implements must be weighed in between 3:00 and 4:15 in the wrestling room. Implements that are weighed in will become a part of the common pool of implements.
- 10) **All events will be scored 10,8,6,5,4,3,2,1.** For open running events, the top 8 fastest times qualify for the finals.
- 11) Results will be posted on the concession stand.
- 12) Time Schedule – Weather permitting, the meet will attempt to adhere to the published time schedule on both Wednesday and Friday. If there are weather complications, a rolling schedule may be adopted.
- 13) Inclement Weather: Please listen to announcements if the weather becomes inclement. Teams may be asked to move to the high school. Please do not leave the meet as events can resume at anytime.
- 14) Preliminaries will be held in the discus, shot put, and long jump with the top nine proceeding to the finals. The pole vault and high jump will be on the 5 Alive format, or other format determined by coaches.
- 15) Athletes competing in both field events and track events must inform the field event official as soon as possible.
- 16) Awards will be presented on the 50-yard line immediately after the completion of each final event. All awards will be distributed on Friday.
- 17) The concession stand will be open.
- 18) No ELECTRONIC DEVICES, Frisbees, footballs, etc., or loud music is permitted within the field enclosure.
- 19) A trainer will be available.
- 20) Restrooms are located near the North athlete gate. Port a Pots are located behind the home bleachers and South of the away bleachers.
- 21) Meet programs will be on sale at the ticket gate for \$2.
- 22) Souvenir T-shirts will be for sale under the bleachers for \$15.