



VERMILION TRACK & FIELD INVITATIONAL GENERAL INFORMATION SHEET

PARTICIPATING SCHOOLS

Bellevue, Brookside, Firelands, Lorain, Sandusky, Norwalk, Vermilion

DROP OFF AND PARKING: All buses can drop the athletes off at the driveway just south of the Vermilion High School gym. To accommodate spectators, have all buses park at the parking lot at the northeast corner of the High School. Please communicate this information to your transportation department.

ADMISSIONS: ADULTS: \$7 STUDENTS: \$5

UPON ARRIVAL: Participants, student aids, and coaches are to get stamped at the pass gate. Coaches pick up a packet which will contain the following: schedule of events, lane assignments, scratch/ replacement forms, pole vault certification form, coach's verification of sporting conduct/legal equipment and uniforms form.

HEAD COACHES MEETING: There will be a **MANDATORY** head coaches/scratches meeting at 9:30am at the finish line. All Shot & Discus implements must be weighed and marked for approval at the purple shed at the south end of the stadium.

REPORTING FOR EVENTS:

1. All-weather track REQUIRES 1/8" or 1/4" SPIKES!!! Shot & Discus areas have concrete surface so tennis type shoes are required. High Jump, Long Jump, & Pole Vault areas are all-weather surfaces. Tennis type shoes or spikes can be worn.
2. All runners are to report to the CLERK of COURSE at the bullpen area by the start of 100m. The 300H & 200m runners will report in at the start line for their event. Competitors are individually responsible for reporting on time for their events. Be sure everyone is acquainted with the time schedule. When the first call is given, report immediately to the clerk in the bullpen. **NO RACE WILL BE HELD UP FOR LATE ARRIVALS!!**
3. FIELD EVENTS: Field judges will be located at the spot of the event. Contestants are expected to report and warm up prior to the starting time. **ABSOLUTELY NO** warm ups after the event has started. **LONG JUMP** will be contested as open pit from 10:00am-12:00pm., with two pits running, one for boys and one for girls. For **LONG JUMP, SHOT & DISCUS** we will be running 4 jumps and 4 throws with no finals.
4. Tape, tennis balls, and tongue compressors are permitted for the Long Jump, Pole Vault, High Jump, & Track.

FIRST AID: There will be a certified trainer on staff. However, each team should supply their own supplies. Ice and water will be available.

SCORING AND AWARDS: All events will be scored – 10, 8, 6, 5, 4, 3, 2, & 1. Trophies will be distributed to the champion and runner-up for both the boys and girls teams. Medals will be distributed for 1st, 2nd, and 3rd places and ribbons will be distributed for 4th – 8th places.

RULES FOR TRACK EVENTS: In lanes for 100m, 200m, 400m, 100-110-300m hurdles, 800m relay, 1st lap of 1600m relay, 2 turns of 800m run, 3 turn stagger for the 400m relay, and 1 turn stagger for the 1600m & 3200m runs.

FIELD EVENTS: HIGH JUMP: Girls – will be determined upon entries and go up by 2”
Boys – will be determined upon entries and go up by 2”

POLE VAULT: Girls – start at 6’0” and go up 6”
Boys – will be determined upon entries and go up by 6”

Blocks are available in limited amounts. Please feel free to supply your own blocks.

Teams are to use the areas in the stands at the south end only. Please leave the north end for paying spectators. No team camps shall be set up inside the small fence of the stadium.

*Decisions by the officials shall be final and without appeal except for possible action taken by the Head Finish Judge, Field Judge, or Referee.