

2013 HOWARD PARKER MIDDLE SCHOOL INVITATIONAL

RULES and REGULATIONS

1. Entry fee should be paid as soon as possible, no later than Friday, May 3, 2013. Make check payable to East Palestine Athletic Department. Send entry fee and registration to East Palestine Athletic Department by May 3.
2. Entries for meets hosted by East Palestine High School will be done using Baumspage. You will need to create an account (at no cost to you) at the following website:

<http://baumspage.com/track/index.htm>

Click on the Online Entry System Login and follow the enclosed directions. This is the method that is used for entries in many other invitational meets, as well as district meet entries. **DO NOT FAX ENTRIES TO US.**

3. All running events will be finals only will be assigned with slowest entry times in the first section to fastest entry times in the last section.
4. Starting height in the high jump as well as scratch lines in the long jump, shot and discus will be based on entry marks and weather conditions, and will be determined by meet management.
5. Shot put, discus, and long jump competition will consist of 4 attempts, with no prelims. Scratch lines will be determined based on entries. Each athlete's first attempt will be measured if it is a legal attempt. For all subsequent attempts, the scratch line must be reached.
6. Long jump will be open pit, limited to 90 minutes in length for girls and 90 minutes for boys. **Each athlete will only be allowed 1 jump in the final 15 minutes of the open pit.**
7. Team camps should be set up on the east (visitors) side of the stadium.
8. Coaches meeting will be held at 4:15 pm, field events will start at 4:30 pm and running events will start at 5:30 pm.
9. Shot and discus are thrown from concrete pads. Jumping surfaces are same as track surface.
10. Spikes will be limited to 1/8". Athletes wearing shoes with recessed sockets will be allowed 1/4" spikes.
11. Only officials and competing athletes will be permitted inside the fence around the track and inside the fences at the throwing areas. All coaches and spectators will be restricted from those areas.
12. All scratches and substitutions will take place in the bullpen or at the field event.
13. Team scoring will be 8 places: 10-8-6-5-4-3-2-1.
14. Team trophies will be awarded to the teams with the two highest scores.
15. The top eight individuals in each event will receive ribbons.
16. Please remind your athletes that they are to stay off the football field during the meet.
17. All throwing implements will be weighed and marked. Light implements will be impounded until the conclusion of the competition.
18. Results will be made available on the internet at Baumspage.com ASAP following the meet.
19. Please remember that the head coach is responsible for the actions of his/her assistants, athletes, and other team personnel. You are responsible for your own equipment and property.