

Norcross Farr Classic
Friday, March 13th

A perfect meet to see where your athletes are and allow you to develop and evaluate them
Place – Norcross High School Track

Large Entry Limits with All Events Contested, FAT Timing – 5 Teams Max

Deadline for entries is Wednesday March 11 at midnight.

Heat sheets will be posted and emailed as soon as they are completed on Thursday. There will be no additions made to the meet after Wednesday. One-for-one substitutions may be made with the clerk of the course on Friday as long as no one violates the participation limit.

A tight schedule on Friday under the lights to get you home and enjoying your weekend
Concession Stand will be available at the track

We have a newly redone 8 lane track and redone runways for vertical and horizontal jumps
All-weather track and run ways – ¼ inch spikes only (pyramid or needle)

Coaches must submit the GHSA Pole Vault Verification form at the beginning of the meet to verify the weight of all vaulters and the pole rating.

Warm Up area is the above field or softball field not on the Infield

The infield is restricted – no spectators, parents, or non-competing athletes. No coaching from the infield. Please set up tents in the top of the home stands or the far right of the visitors (away from the start and finish line)

Scoring – We will score the top 8 places.

Top 3 in each event will Medal and trophies to the top 2 teams (both boys and girls)

Field Events will be 3 attempts and all running events will be finals

(If under time constraints a minimum distance for measuring can be implemented – coaches will be notified at the coaches meeting)

\$55.00 per team covers all entries and both boys and girls teams.

Checks should be made out to PHD Running Club

Mail entry fee to

Norcross High School

Attn: Coach Sessions

5300 Spalding Drive

Norcross, GA 30092

Parking:

Bus drop off and pick up at the track with buses parking in the above teacher lot.

Gate Fee: \$3.00 for adults and \$2.00 for students

Rules: All National Federation Rules and GHSA Rules will apply including jewelry. No electronic devices in the restricted competition area and check with event official about non restricted areas for athletes to view video or pictures.

Protests: All protests or complaints must be directed to the Meet Director in writing. The Games Committee will make all rule interpretations.

Clerk of the Course:

Athletes must check in and stay in the area with the clerk by 2nd call for the event. Failure to check in and follow clerk instructions will result in a disqualification. Hip numbers will be issued to each athlete and they must be worn on the left hip.

Results will be posted to the pressbox in a timely manner and to milesplit at the conclusion of the meet. All head coaches will also be emailed a copy of the results.

List of Events/Order of Competition (times approximate)

3:50 – Coaches Meeting

4:00 – Girls High Jump, Girls Shot, Girls Long Jump, Boys Pole Vault, Boys Discus

4:30 – Boys Long Jump

4:45 – 3200m Girls/Boys (1/2 heats each)

5:00 – 4x100 Relay (Girls/Boys)

5:15 – 800m Girls/Boys

5:15 – Boys High Jump, Boys Shot, Boys Triple Jump, Girls Pole Vault, Girls Discus

5:30 – 100m Girls/Boys

5:45 – Girls Triple Jump

5:50 – 100/110m Hurdles Girls/Boys

6:10 – 400m Girls/Boys

6:40 – 300m Hurdles Girls/Boys

7:00 – 200m Girls/Boys

7:20 – 1600m Girls/Boys

7:40 – 4x400m Relay Girls/Boys