

METRO ATLANTA ATHLETIC CONFERENCE TRACK & FIELD CHAMPIONSHIPS

DATES: Thursday, April 14th

PLACE: Galloway Athletics Complex

TIME: 11:30am Coaches Meeting
12:00pm Prelims
1:30pm Field Events Session 1
2:30pm Field Events Session 2
3:45pm Running Finals

1. THE FACILITY:

The Galloway Athletics Complex,
2400 Defoors Ferry Rd., Atlanta, GA, 30318.

The track is an 8 lane - 400 meter track with a rubber surface. 1/4" or 3/16" spikes are recommended.

2. AWARDS:

Medals will be awarded to athletes who finish in the top three. Places 4-6 will receive ribbons. Trophies will go to the top four teams. We will give out the awards over the course of the evening running events.

3. SCORING:

The top six in each event will score.

1st: 10 / 2nd: 8 / 3rd: 6 / 4th: 4 / 5th: 2 / 6th: 1

4. IMPLEMENTS & HURDLES:

The shot for both boys and girls will be *4 kilo*.

The discus for both boys and girls will be *1 kilo*.

Girls 100H: 30"; Boys 110H: 33".

Girls and Boys 300H: 30".

5. FIELD EVENT ASSISTANCE:

Galloway will provide all of the volunteers necessary to run the meet for all of the running events. However, it will require everyone's help to work the Field Events. The assignments for Field Event help will be emailed out before the meet.

ORDER OF EVENTS

(Running events: Girls before Boys. Heats seeded on times submitted)

Thursday April 14th

11:30am Mandatory Coaches Meeting (Scratches, Heat Sheets distributed)

Running Preliminaries (top 8 TIMES advance to afternoon finals)

12:00pm 100m Hurdles (Prelim)

12:10pm 110m Hurdles (Prelim)

12:25pm 100m (Prelim)

12:45pm 1600m FINAL

1:10pm 200m (Prelim)

Each field event (except for High Jump and Pole Vault) will have a preliminary round and a final round. The top 8 from the Prelim round will qualify for the final round and the top 6 will score.

1:30pm Field Events

Girls Triple Jump

Girls High Jump – Opening ht. 3’6”

Girls Discus

Boys Long Jump

Boys Pole Vault – Opening ht. 5’6”

Boys Shot Put

2:30pm Field Events

Girls Long Jump

Girls Pole Vault – Opening ht. 5’6”

Girls Shot Put

Boys Triple Jump

Boys High Jump – Opening ht. 3’10”

Boys Discus

Running Events

(Running events: Girls before Boys. Heats seeded on times submitted)

All running events from 3:30pm onward are finals regardless of heat. Top 6 TIMES will score regardless of heat.

We will run these events on a rolling basis. We have time built into this

schedule to rest the athletes, announce the standings, and make presentations to the top 6 in each of the events. But if we can get ahead of schedule and end the meet sooner, we will.

3:30pm	100m Hurdles
3:35pm	110m Hurdles
3:45pm	100m (G)
3:50pm	100m (B)
3:55pm	400m (G)
4:10pm	400m (B)
4:30pm	4x100m Relay (G)
4:45pm	4x100m Relay (B)
4:55pm	800m (G)
5:10pm	800m (B)
5:25pm	300m Hurdles (G)
5:35pm	300m Hurdles (B)
5:50pm	200m (G)
6:10pm	200m (B)
6:30pm	3200m (G)
6:45pm	3200m (B)
7:10pm	4x400 (G)
7:20pm	4x400 (B)