

2018 Region 8AAAAAA Track & Field Championships

Hosted by: Apalachee High School

Tuesday, April 17th 5:00 PM All running events (prelims) and **1600m** Final.

Wednesday, April 18th 2:00 PM All field events (prelims and finals).

Thursday, April 19th- 5:00 PM- All running events (finals) and **3200m** Final.

Apalachee High School

Address: 946 Haymon Morris Road Winder GA

Our facility is an eight lane rubberized all-weather track, including all runways. To protect the track, we ask that all contestants use 1/4 inch spikes.

All marks need to be made with the provided chalk. Tape is NOT allowed on any rubberized surface.

Please keep your athletes in designated areas, stands, or warm-up area. Keep them off the infield unless they are warming up, reporting to the clerk of the course or to an event to compete. Please remind them of the following rules: **No electronic devices, and no clothing other than the proper uniform in the warm-up and competition areas.**

Uniforms should match for all competitors per event. Please review the GHSA rules on proper uniforms.

Scoring will be as follows: the top **8** places will score according to GHSA bylaws. **1st-4th** place finishers will be awarded medals and 1st and 2nd place teams will be awarded team trophies.

10-8-6-5-4-3-2-1 for individuals and relays.

All entries are due by Saturday, April 14th at Midnight. Email-

david.seawright@barrow.k12.ga.us to confirm entries. Coaches, be reminded that all NFHS and Georgia High School Association rules will be enforced.

ALL ENTRIES WILL BE ENTERED ON GA MILESPLIT.

Meet Administration

Meet Directors– David Seawright and Apalachee Track and Field Staff.

Timing and Entries

Timing will be F.A.T. by Fast Feet Timing. Please have check made out to **Apalachee High School** for **\$180.00**.

8AAAAA Assisting in Field Events (Boys and Girls)

Shot Put- Dacula and Lanier

High Jump- Lanier and Apalachee

Long Jump- Apalachee and Habersham Central

Triple Jump- Gainesville and Dacula

Pole Vault- Gainesville and Winder-Barrow

Discus Throw- Winder-Barrow and Habersham Central

*Have a coach from each school at the field events.

Hurdle, Relay & Curve Judges:

Relay- Gainesville, Lanier, Apalachee

Hurdle- Winder-Barrow, Habersham Central

Curve- Dacula, Lanier, Habersham Central

Schools may need to be adjusted for the finals.

Rules Committee:

Apalachee, Dacula, and Winder Barrow.

Field Events

Each competitor will be allowed three preliminary trials. Top **9** will advance to the finals. In the finals, each qualifier is allowed three additional trials: the best effort can score from the **six** attempts. The **top FOUR** will qualify to go to the Sectional Meet.

*All throwing implements **must be weighed and marked**. Competitors may only use marked implements.*

Coaches must submit a signed Pole Vault verification sheet to verify their vaulter is using a legal pole.

Track Events

Each school may enter two contestants per event. Most events will have two heats. In events with two heats, the top two times and the next four best times will be taken to the finals on Thursday. Top **FOUR** in each event will advance to the Sectional Meet.

The 1600 meter and 3200 meter will be run as finals, with the top FOUR advancing to Sectionals.

Starting blocks will be provided by Apalachee High School. Please do not bring your own blocks. This is not allowed by NHSF rules or GHSA rules. (Everyone is supposed to have the same starting equipment).

The track will be closed 20 minutes prior to the start of racing. This is to make sure that athletes check in on time and we have time to correct any issues a relay team may have. They may continue warm-ups, just not on the track.

Medical Tent

There will be a medical tent which will provide a certified athletic trainer for injury assessment and treatment.

Hospitality Room

There will be a hospitality room for coaches and officials ONLY located in the field house. We will provide a full meal on Wednesday only and drinks/snacks for Tuesday and Thursday.

GHSA passes will be required to enter. *No athletes or spectators, please.*

Concessions and Region T-Shirts

There will be a full concession stand all three days and custom Region 8-AAAAAA shirts on sale.

Awards

Field event awards will be announced at the completion of the scoring of that event on Monday.

All running events will be awarded after completion of that event on Tuesday.

1st-4th Place will receive medals.

Dressing Areas

Athletes may use the restrooms at the concession stand. ***They are not allowed in the field house.***

Tents may not be placed in the bleachers near the finish line.

The following schedule will run Girl's event first, followed by Boy's event.

Coaches meeting at **3:45 PM on Tuesday, April 17th** in the field house.

Lunch for coaches will be served in the hospitality room on **Wednesday, April 18th**.

Tuesday 4/17- Prelims 5:00 pm

There will be no changes made after the scratch meeting.

4x100 meter relay
1600 meter (**as a final**)
400 meter
100 meter
100/110 meter hurdles
800 meter
200 meter
300 meter hurdles
Break (15 min)
4x400 meter relay

Wednesday, April 18th – 2:00 pm Field Events begin. Coaches meeting 12:45 in Field House and Lunch.

1st Session:

Girls Pole Vault
Girls Long Jump
Girls Shot Put
Boys High Jump
Boys Triple Jump
Boys Discus

2nd Session:

Boys Pole Vault
Boys Long Jump
Boys Shot Put
Girls High Jump
Girls Triple Jump
Girls Discus

Thursday, April 19th - Finals 5:00 pm

4 x 100 meter relay
Break (15 min)
400m run

100m dash

100/110m Hurdles

800m run

200m dash

300m Hurdles

3200m run (**as a Final**)

4 x 400m relay

Presentation of team trophies

**Individual Awards will be given out after each event on Wednesday and Thursday.