

Pope High School



Present THE COACHES INVITATIONAL

FRIDAY & SATURDAY March 15-16 2013

GRIFFIN STADIUM, GEORGIA TECH, ATLANTA, GEORGIA

The thirteenth annual high school track & field event will bring together Georgia's top girls and boys track and field athletes from all five classifications in the prime time of the season. This event will be open to all GHSA sanctioned schools. If past performances are any indication, this year will also provide excellent competition and excitement for all.

ELIGIBILITY: The Georgia High School Association sanctions this event. Any Georgia High School athlete in grades 9-12 eligible under GHSA rules may compete upon selection. Athletes must compete for their school and in their school uniform.

ENTRY INSTRUCTIONS: All entries this year will be conducted on-line using <http://www.ptgrouponline.com/entrysystem/>

ENTRIES: Please see the entry limitations on the schedule of events listed below. In an effort to provide the fairest selection process all **individual** entries MUST be verified during the entry process. Coaches who do not provide legitimate FAT times for athletes will cause their athletes to be eliminated from competition.

ENTRY LIMITATIONS: Athletes may compete in 5 events under the GHSA guidelines. The maximum number of relays an athlete can be entered in is 2 the maximum number of individual events is 3. All Coaches should follow GHSA rules and have their athletes entered in the appropriate number of open and relay events.

ENTRY FEES: Entry fees will be \$13 per athlete. Maximum entry fee will be \$110 per team. Boys and Girls teams are separate teams. Please send a school check or money order payable to POPE TRACK BOOSTER CLUB. Entry fees are non-refundable.

ENTRY AND SELECTION NOTIFICATION TIME TABLE

Entry	Selection	Payment
Deadline for entries is Sunday 3/10/2013 at 4:00pm to http://ga.milesplit.com/	Notification of selection will be posted via http://ga.milesplit.com/ by Monday 3/11/13 9pm	\$13/athlete OR \$110 per team A school check or money order Payable to <u>Pope Track Booster Club.</u>
	Scratch by e-mail to cmonk3@hotmail.com Wednesday 3/12, 10:00am.	Mail checks to Pope High School Attn: Cathi Monk 3001 Hembree Road Marietta, GA 30062
NO CHANGES OR SUBSTITUTIONS WILL BE MADE AT THE MEET.	A repost will occur on Thursday 1:00 noon as alternates may move onto the acceptance list as athletes	Coaches may pay at packet pickup with a \$15.00 late fee.

COACHES INVITATIONAL
PRESENTED BY THE ATLANTA TRACK CLUB/Pope High School
FRIDAY & SATURDAY March 15-16, 2013
GRIFFIN STADIUM, GEORGIA TECH, ATLANTA, GEORGIA
EVENT INFORMATION

PARKING: The parking lot off 10th St. will once again be used for all spectators and busses. Please come by bus if possible.

PACKET PICK UP: Packets with bib numbers will be available for pick up at 4:15pm on Friday 3/15/13 and 9:15am on Saturday 3/16/13. All athletes will need a number in order to be admitted into Griffin Stadium.

ADMISSION: Admission will be \$5 for everyone. Admission will be charged on both days. Athletes should be prepared to show their competitor number to gain access to Griffin Stadium.

AWARDS: Gold Relay Batons will be awarded to the Champions on the field in a ceremony immediately after the event. Second and third place will receive a spike bag and may be picked up at the awards table adjacent to the concession stand.

EVENT SEEDING: Field events will be seeded from worst to best. Running events sections will be from slow to fast.

FACILITY: Griffin Stadium has a world-class track that is MONDO. One-quarter inch spikes only are allowed. Warm ups will be on the practice field adjacent to the track. Trainers may work in the warm-up area.

CLERKING: Athletes must check in 30 minutes ahead of their event at the check in table in the warm up area.

UNIFORMS: Athletes must compete in the school issued uniform in compliance with GHSA rules. No jewelry.

COACHES INVITATIONAL
FRIDAY and SATURDAY MARCH 15-16 2013
GRIFFIN STADIUM, GEORGIA TECH, ATLANTA, GA
TIME SCHEDULE

Friday March 15, 2013

TIME	EVENT	COMPETITORS	HEATS/FLIGHT	QUALIFYING
5:30pm	Girls High Jump	30	5 alive	Final
5:30pm	Girls Long Jump	30	2 flights	3 Jumps
6:00pm	Boys Long Jump	30	2 Flights	3 Jumps
6:00pm	Girls Pole Vault	30	5 alive	Final
5:30pm	Girls Discus	30	3 throws	Final
6:45pm	Boys Discus	30	3 throws	Final
6:15pm	Girls High Hurdle-Semi	32	4 heats	Heat winner + 4 fastest times
6:30pm	Boys High Hurdle-Semi	32	4 heats	Heat winner + 4 fastest times
6:50pm	Girls 100m – Semi	32	4 heats	Heat winner + 4 fastest times
7:05pm	Boys 100m-Semi	32	4 heats	Heat winner + 4 fastest times
7:25pm	Girls 4x1600m Relay	15 teams	1 heat	Final
8:00pm	Boys 4x1600m Relay	15 teams	1 heat	Final
8:30pm	Girls Sprint Medley	32 Teams	4 heats-Final	100,100,200,400
8:55pm	Boys Sprint Medley	32 Teams	4 heats-Final	100,100,200,400

Saturday March 16, 2013

TIME	EVENT	COMPETITORS	HEATS/FLIGHT	QUALIFYING
10:30am	Girls Shot	30	3 throws	Final
10:30am	Boys High Jump	30	5 alive	Final
10:30am	Boys Pole Vault	20	5 alive	Final
11:00am	Girls Triple Jump	30	3 jumps	Final
11:00am	Boys Triple Jump	30	3 jumps	Final
12:00pm	Boys Shot	30	3 throws	Final
11:25am	Girls 3200m Run	32	1 heats	Final
11:45am	Boys 3200m Run	32	1 heats	Final
12:00pm	Coed Sprint Medley (G,B,G,B)	32	4 heats	Final 2 2 4 8
12:25pm	Girls 2000 Steeplechase	15	1 heat	Final
12:45pm	Boys 2000 Steeplechase	15	1 heat	Final
1:10pm	COACHES 4x100		1 heat	Final
1:20pm	Girls 4x100 Relay	32	4 heats	Final
1:40pm	Boys 4x100 Relay	32	4 heats	Final
2:00pm	Girls 3200m Run (fast)	16	1 heat	Final
2:20pm	Boys 3200m Run (fast)	16	1 heat	Final
2:40pm	Girls 100m Final	8	1 heat	Final
2:45pm	Boys 100m Final	8	1 heat	Final
2:50pm	Girls High Hurdle Final	8	1 heat	Final
2:55pm	Boys High Hurdle Final	8	1 heat	Final
3:05pm	Girls 4x800 Relay	30	2 heats	Final
3:35pm	Boys 4x800 Relay	30	2 heats	Final

3:50pm	Girls 4x400 Relay	32	4 heats	Final
4:15pm	Boys 4x400 Relay	32	4 heats	Final

