

# UNION GROVE Athletics

## 2013 HCMSAL Track & Field Championship Guidelines

**Tournament Director:** Matt Ferrari

**Participating Teams:** Austin Road, Dutchtown, Eagles Landing, Henry, Luella, Ola, Stockbridge, Union Grove, Woodland, Locust Grove, Hampton

**Dates / Starting Times:**

Prelims for Lane Running Events & 1600 meter run final Monday April 29th,  
(Starts at 5pm)

Field Events & 3200 meter run final Tuesday April 30<sup>th</sup>, (Starts at 5pm)

Finals for all Running Lane events Saturday May 4th, (Starts at 10am)

**Location:** Union Grove Middle School

**Coaches Meeting:** There will be a seed meeting on April 22nd, 2013 (Monday) at Union Grove Middle. The meeting will begin at 6:30pm and it is necessary that each school send (1) boy's and one (1) girl's track and field coach to the meeting. There will also be a coaches meeting before events begin on Monday, Tuesday and Saturday.

**Trophies:** The HCMSAL will provide trophies for the Runner Up and Champion of the 2013 HCMSAL Track and Field Championship.

**Admission:** The cost of admission is \$3.00. County passes and GHSA passes will only admit 2 people per pass.

**Concessions:** There will be concessions open all 3 days at UGMS.

**Tee Shirts:** The tee shirt vendor will be at the FINALS day only on Saturday selling shirts.

**Equipment:** Each school will need to provide batons; UGMS will provide shot put and discus.

**Warming Up** – Athletes are allowed to warm-up on football field before each event. If they are not warming up or running in an event, they need to be in the BLEACHERS.

**Entries:** A contestant in Track and Field may enter a maximum of both relays, and any one (1) of the combinations listed below. Competitors not on one or both relay teams are still restricted to one of the following combinations:

1. three (3) field events
2. two (2) field events and one (1) running event
3. one (1) field event and two (2) running events

### Field Event Responsibilities

**Boys and Girls Discus** – Hampton and Luella, Locust Grove

**Girls Long and Triple Jump** – Union Grove and Austin Road

**Boys Long and Triple Jump** – Henry County and Ola

**Boys and Girls Shot Put** – Dutchtown and Woodland

### Minimums

GLJ – 12

BLJ – 16

GTJ – 25

BTJ – 32

GD – 60

BD – 80

GSP – 20

BSP – 32

GHJ – 4'0

BHJ – 4'8

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**Boys and Girls High Jump** – Eagles Landing and Stockbridge

## **4x100 Exchange Judges**

**Exchange Zone 1** – Austin Road, Locust Grove

**Exchange Zone 2** – Stockbridge, Woodland

**Exchange Zone 3** – Henry County, Hampton

## **800 Meter Run**

**Brake Point Judge** – Luella & Eagles Landing

(This event will be run in 2 heats on Saturday. The top 6 fastest times from both heats combined will score.)

## **Appeals Committee**

Vicki Davis—Henry County Athletic Director  
Athletic Director's from each School  
Matt Ferrari—Meet Director (Union Grove)

## **Schedule of Events for Prelims – Monday April 29<sup>th</sup>**

**\*\*If we get ahead of schedule, we will stay ahead!!\*\***

**Following times are approximate.**

5:00 – Girls 4x100 Meter Relay

6:45 – Girls 100 Meter Hurdles

5:15 – Boys 4x100 Meter Relay

7:00 – Boys 110 Meter Hurdles

5:30 – **Girls 1600 Meter Run Final**

7:15 – Girls 200 Meter Run

5:45 – **Boys 1600 Meter Run Final**

7:25 – Boys 200 Meter Run

6:00 – Girls 400 Meter Run

7:40 – Girls 300 Meter Hurdles

6:10 – Boys 400 Meter Run

7:50 – Boys 300 Meter Hurdles

6:20 – Girls 100 Meter Run

8:05 – Girls 4x400 Meter Relay

6:30 – Boys 100 Meter Run

8:20 – Boys 4x400 Meter Relay

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## Schedule of Events for Field Events /3200 – Tuesday April 30<sup>th</sup>

**\*\*If we get ahead of schedule, we will stay ahead!!\*\***  
**Following times are approximate.**

**5:00pm** – Girls Shot Put, Boys Discus, Girls and Boys Long Jump, Girls High Jump.

**5:15pm** – Girls 3200 Meter Run Final

**5:45pm** – Boys 3200 Meter Run Final

**6:15pm** – Girls Discus, Boys Shot, Girls and Boys Triple Jump, Boys High Jump

## Schedule of Events for Finals – Saturday May 4<sup>th</sup>

**\*\*If we get ahead of schedule, we will stay ahead!!\*\***  
**Following times are approximate.**

### Running Events

10:00 – Girls 4x100 Meter Relay

10:10 – Boys 4x100 Meter Relay

10:25 – Girls 400 Meter Run

10:35 – Boys 400 Meter Run

10:50 – Girls 100 Meter Run

11:00 – Boys 100 Meter Run

11:15 – Girls 100 Meter Hurdles

11:25 – Boys 110 Meter Hurdles

11:45 – Girls 800 Meter Run

12:05 – Boys 800 Meter Run

**(The 800m will be run in 2 heats, top 6 times from both heats combined will score)**

12:25 – Girls 200 Meter Run

12:35 – Boys 200 Meter Run

12:50 – Girls 300 Meter Hurdles

1:05 – Boys 300 Meter Hurdles

1:25 – Girls 4x400 Meter Relay

1:40 – Boys 4x400 Meter Relay

2:00 – Presentation of Trophies