



Galloway Track Meet

Saturday, April 5, 2014

Welcome to Galloway's home meet. We are looking forward to hosting you and your track team. Included are some important items to look over before the meet.

Entries: All meet entries will be done online. Fast Fleet Timing will be providing services for the meet. Go to: [www.milesplit.us/pages/Online Meet Reg Instructions](http://www.milesplit.us/pages/Online_Meet_Reg_Instructions) for assistance with entering/registering for the meet.

Entry fee: no entry fee.

Limits to entries: 3 individuals per event and 2 relay teams. Entries in the 1600 and 3200 are unlimited and we will score your top three (3).

Facilities: The Galloway Athletic Complex is located at: 2400 Defoors Ferry Road, Atlanta, GA 30318. We will have concessions and bathrooms available. We ask that tents not to be set up in the in field, but immediately to the left after entering the gate. Athletes may warm-up on the lower soccer field.

Athletic Trainer: We will have an Athletic Trainer on site to assist your athletes.

Heats: Heats will be run as a final against the clock.

Scoring: 10-8-6-5-4-3-2-1

Results: Will be posted on the marque near the start of the 100 m

Awards: T-shirts awarded to the winners of each event.

Assistance: Galloway will provide meet responsibilities for the **running events** and **secondary assistance** with field events. We will need assistance with the field events.

Shot Put

Discus

High Jump

Triple Jump

Long Jump

Pole Vault Galloway

Schedule of Events: (Rolling Schedule) Girls followed by boys

8:00am- Track will be open

9:00am- Coaches Meeting at the tent near the finish line

9:30am – Field Events

session 1 Girls/Boys PV, Girls DT, Boys SP, Girls LJ, Boys HJ, Boys TJ

session 2 Girls/Boys PV, Boys DT, Girls SP, Boys LJ, Girls HJ, Girls TJ

Rolling schedule:

1600

4 x 100

400

100

100/110 hurdles

800

200

300 hurdles

3200

4 x 400

