

REGION 8 AAAA BOYS AND GIRLS TRACK AND FIELD CHAMPIONSHIPS
APRIL 14th AND 16th, 2014
*APRIL 17th, RAIN MAKEUP

LOCATION

300 Double Springs Church Rd
Monroe, GA 30656
770-266-4599

DIRECTIONS

From I-85 South: Take HWY 316 towards Winder. Turn RIGHT onto HWY 11. Drive approximately seven miles. Turn RIGHT on Double Springs Church Rd. The road will bear right to Monroe Area High School. Parking is straight ahead.

PARKING

There is limited patron parking near the stadium closest to the school. Buses should pull up towards the top stadium parking lot. Buses may stay on that side and park in the designated cone area. Additional patron parking is available on the other side of the school in the lower parking lot closest to the tennis courts.

ADMISSIONS

\$5

FACILITIES

Monroe Area High School is an all-weather track with nine lanes. ¼ inch spikes only on the track.

Tents need to be confined to the top row of bleachers on the home side or in the Visitors stands of the stadium.

There are no lockerroom facilities available. Restrooms are located on the backside of the stadium, next to the concession stand.

Full concessions will be offered. Meet t-shirts will be for sale in the plaza area closest to the fieldhouse.

Coaches' hospitality will be offered in the Fieldhouse during the meet. This is for coaches only; no athletes will be permitted in the Fieldhouse.

There will be a trainer on site to work with athletes in case of injury or emergency.

MEET DIRECTOR

Ronnie Coleman

STARTER

Marvin Oliver

GAMES COMMITTEE

Region coaches – Eastside HS, Chestatee HS, Johnson HS, Madison HS, Walnut Grove HS

FEES

\$120 per school (\$60 per team). This fee will be used to cover the cost of registration and timing. Checks are to be made out to MAHS Track & Field Booster Club, and are due upon arrival to the meet. Please indicate beforehand if your school/club requires our tax ID information.

TIMING AND ENTRIES

Fast Feet Timing will be handling the timing of the meet.

Two entries per school, per event. All entries must be verified FAT times/marks through the Milesplit database. Relay and individual times/marks must come from the 2014 season. No historical marks will be accepted.

Online entry on MileSplit <http://ga.milesplit.com/meets/159115>

Registration Instructions http://www.milesplit.com/pages/Online_Meet_Reg_Instructions

MINIMUM MARKS

The following minimums were approved at the Region Coaches Meeting on 1/15/2014:

Girls Pole Vault: 6'

Girls High Jump: 4'6"

Boys Pole Vault: 9'

Boys High Jump: 5'4"

SCORING/AWARDS

Team trophies will be awarded to the Region Champion and the Runner Up.

Medals will be awarded to the 1st and 2nd place finishers.

Ribbons will be awarded to the 3rd and 4th place finishers.

The top 8 places shall be scored accordingly. 10-8-6-5-4-3-2-1

*When there is a tie, the points will be divided equally among the contestants who are tied.

The top 4 places in each event will advance to A-Sectional Meet AAAA at Carrollton HS on April 26, 2014. However, top 6 places will be reported.

REMINDERS

Please adhere to GHSA deadlines when submitting your boys and girls entry lists. The deadline for online entry is **Friday, April 11th by 11:59pm.**

Contestant lists should be submitted to the Regional Secretary, Ron Garren, by April 11th. His email is rgarren56@gmail.com.

No athletes or coaches are allowed on the infield. This area is for meet officials only. Warm up areas are located on the practice field (shotput/ discus area), next to the fieldhouse. Coaches must remain outside the competition areas.

All perimeter gates will be locked. Athletes must enter by 100m the start line (near fieldhouse) after checking in with the clerk of the course.

No removal of warm-ups inside the fence. All sweats/warm-ups must be taken off before athletes enter the track area.

Athletes must check in and stay with the clerk of course by 2nd call. Failure to check in and follow clerk's instructions will result in disqualification. Hip numbers will be issued to each athlete; they are to be placed on the hip. We will walk the athletes out onto the track from the clerk area.

All protests or complaints must be directed to the Meet Director in writing. The Games Committee will make all rule interpretations.

All National Federation rules and GHSA rules will apply, including jewelry and uniform rules. No electronics are permitted in the competition area.

BUS PARKING

Upon dropping athletes off at the stadium, buses can park in the designated area near the drop off location. There will be a coned off area that will indicate where buses are to park.

REGION 8 AAAA TRACK AND FIELD CHAMPIONSHIPS SCHEDULE

MONDAY, APRIL 14

10:00 AM COACHES MEETING IN THE FIELDHOUSE

11:00 FIELD EVENTS SESSION I

BOYS DISCUS
GIRLS SHOT
BOYS HIGH JUMP
GIRLS POLE VAULT
BOYS LONG JUMP
GIRLS TRIPLE JUMP

1:00 FIELD EVENTS SESSION II

GIRLS DISCUS
BOYS SHOT
GIRLS HIGH JUMP
BOYS POLE VAULT
BOYS TRIPLE JUMP
GIRLS LONG JUMP

RUNNING PRELIMS (ALL EVENTS WILL BE CONTESTED GIRLS, THEN BOYS)

3:00 4 X 100 RELAY – PRELIM
3:20 1600 – FINALS (2 HEATS)
3:40 400 – PRELIM
4:00 100 – PRELIM
4:20 100/110 H – PRELIM
4:45 800 – PRELIM
5:05 200 - PRELIM
5:25 300 H – PRELIM
5:50 4 X 800 RELAY – BOYS (EXHIBITION)
6:10 4 X 400 - PRELIM

WEDNESDAY, APRIL 16

5:00 4 X 100 FINALS
5:10 4X 800 RELAY – GIRLS (EXHIBITION)
5:30 400 FINALS
5:45 100 FINALS
6:00 100/110 H FINALS
6:15 800 FINALS
6:30 200 FINALS
6:45 300 H FINALS
7:00 3200 FINALS
7:30 4X400 RELAY

AWARDS PRESENTATION TO FOLLOW

MEET DIRECTOR: RONNIE COLEMAN
LOCATION: MONROE AREA HIGH SCHOOL