**Region 3A West Track & Field Championship Meet**

**2017**

**General Meet Information**

**Parking:** Buses will be directed to the back of the school to the track. Athletes are to be dropped off by the field house. As soon as the athletes are off the bus, the driver should continue to the back of the athletic complex near the practice baseball field to park.

**Admission:** $5.00 per spectator

 Passes accepted: VHSCA, VHSL, VIAAA, VATA

**Spectators:** Spectators can watch the meet from either the home or visitor bleachers. **No spectators will be allowed on the infield.** Areas will be roped off to watch the Long Jump, Triple Jump, Shot Put and Discus. Please stay behind the rope barriers for the safety of both the athletes and the spectators.

**Tents:** Team tents will be allowed on the grassy areas around the track as well as the grassy areas outside the gate by the throwing circles. Any tents in the bleachers are limited to the top 5 rows of the bleachers to allow for easy viewing for the spectators. No tents are allowed near the Long and Triple Jump pits or in the viewing areas near Shot Put and Discus.

**Scoring:** 10-8-6-4-2-1 for both individual and relay events

**Starting Heights:**

The starting height at pole vault and high jump will be determined using the qualifying standard and the field of entered athletes

 The starting heights will be emailed to the coaches after the meet has been seeded.

**Warm-ups:** Warm-ups for running events should be completed on the fields surrounding the track. Hurdlers will be allowed to warm-up in the outer lanes during the 4x800m relay. The amount of time allotted for warm-ups for the field events will be determined by the number of athletes in the event

**Spikes:** ¼ inch or smaller pyramid spikes are to be used on the track and all runways

**Bull Pen:** The bull pen will be located at the entrance gate to the track near the 100m start line. All athletes except for pole vault will enter the track at this gate. Pole vault athletes are to enter the track by the gate nearest the pole vault pit. Only athletes competing in the current track event, pole vault or high jump will be allowed on the infield.

Athletes can check in with the clerk to get their hip numbers at any time. We ask that they are in the bull pen by 2nd call so that they can be lead to the starting line after the 3rd call. Check in for field events will be at the field event.

Coaches are allowed on the infield but are not permitted to enter the timing tent.

All athletes are to exit the track at the gate nearest the finish line. All other gates will be taped shut. **Athletes jumping the fence risk disqualification from the meet. No electronic devices are allowed on the track or infield areas.**

**Relay cards:** Please turn in a relay card to the clerk when checking in.

**Trainer:** Sara Miles, our school trainer, will be onsite to provide assistance. She will be located by the exit gate from the track near the finish line. A water station will be available by the exit gate.

**Timing:** FAT timing will be used. Results will be posted on the press box at the top of the home bleachers. Results will be posted on milestat and emailed to the coaches.

**Declaration Rule:**

Scratching an athlete from an event does not affect any remaining events that athlete may be entered in. However, once an athlete is declared in a maximum number of track events, you may not scratch them from an individual event and enter them into a relay.

**Protests:** Barry Morris is our referee for the meet. Please turn in any protests to him.

**Jury of Appeals:**

The members of the Jury of Appeals will be announced at the coaches meeting. An appeals form is in your packet.

**Concessions:** Concessions will be available throughout the meet near the entrance gate.

**T-Shirts:** T-shirts will be available for sale near the concession stand.

**Medals and Ribbons:**

Athletes can pick up their medals or ribbons at the awards table once the results are announced. The awards table will be set up by the field house near the finish line.

**Time Schedule**

**We will use a rolling schedule**

12:00 Weighing of implements

12:15 pm Coaches meeting at the Bull Pen

1:00 pm **Field Events**:

Girls/Boys Long Jump, followed by Girls/Boys Triple Jump; Girls High Jump followed by Boys High Jump; Girls Discus followed by Boys Discus; Boys Shot Put followed by Girls Shot Put; Girls Pole Vault followed by Boys Pole Vault.

 **All track events will be girls followed by boys**

1:30 pm 4 x 800 m relay

 100 m/110m Hurdles

 100 m dash

 1600 m run

 4 x 100 m relay

 400 m dash

 300 m Intermediate Hurdles

 800 m run

 200 m dash

 3200 m run

 4 x 400 m relay

 Trophy Presentations