

2015 Viking Track & Field Invitational

1. **Date of Meet** – Saturday March 28, 2015
Entry Limits: 3 athletes per school per event and only one relay per school per relay event
Athletes can participate in up to 4 events including relays.
2. Entry fees: \$80 per school includes both male and female teams. High school individuals are \$10 per individual up to 7 athletes. Middle School Runners free of charge with a paying adult.
3. We are having some middle school events if you know of any Middle Schoolers that want to run please e-mail me their name, grade level, and event that they want to run in (55 Hurdles, 100 Hurdles, 1600, 100 meters), and a time for that event
4. We will also be having some Alumni events as well for our former North Stokes Track Athletes to run in. Both the middle school and alumni races will take place during the morning session.
5. Buses will be parked at the Tennis Courts which are located on the Left hand side of North Stokes School Road passed the main entrance to the school. Athletes and coaches will enter the stadium through the gate behind the Field House.
6. Spectators should park in the main parking lot and enter the Stadium through the main gate from the main parking lot. **\$5 admission for spectators.**
7. Only NCCA are accepted for free admission.
8. TEAM PACKETS CAN BE PICKED UP AS SOON AS YOU ENTER THE STADIUM ON THE LEFT SIDE OF THE FIELD HOUSE.
9. Concession Stand will be open.
10. Only Scratches, NO SUBSTITUTIONS, please submit any scratches by 1:00 p.m. Friday March 27, 2015
11. Our bathrooms are small so please have your athletes in their uniforms before they get here.
12. Spikes should be either “1/4 or 1/8” pyramids ONLY. No needle spikes or Christmas tree spikes will be allowed. Athletes with illegal spikes will be disqualified.
13. **All coaches are reminded that if you have not been assigned meet duties by the Meet Director, the INFIELD AREA IS OFF-LIMITS. All Coaches working the meet will have field passes issued by Meet Management. If you are issued a field pass, you will be expected to work or you will be asked to leave.**
14. **Field events will check in at their field event.**
15. **RUNNING EVENT CHECK-IN INFORMATION** - Make sure all runners are checked in at the clerk's tent by first call. Clerk's tent will be the GREEN VIKING TENT near the field house. Once your athletes check in they are to stay in the clerk's area, they are not to leave. The marshals will be lining the athletes up into their heats at second call. Once the marshal has left the clerk's area for the next event an athlete will not be allowed to run in that event.

16. The 10 minute check-in /check-out rule will be in effect. Tell your athletes to check out with the event judge and return within ten minutes after the conclusion of their heat. If an athlete is in a field event and gets a first call for a running event, they should check out of their field event and check-in at the Clerk's Table and then return to the field event. Event judges will be instructed to allow athletes to go "out of turn" if necessary. The Clerk will be instructed not to "hold" athletes competing in field events. It is the responsibility of the athlete to report to the starting line for their event.
17. During running events make sure your athletes are in the stands unless they have heard first call for their event. Please inform your athletes of this, we have had problems with people crossing the track when runners are coming and we have had problems with people getting too close to the start/finish line while races are finishing. If their event has not been called they do not need to be on the infield.
18. Athletes competing in 2 or more field events simultaneously will have to go "back and forth." They will need to checkout and report immediately to their next event. (Officials will allow them time to change shoes if the need shall arise.) Athletes cannot loose an attempt if competing in another event if they properly checked out. High Jump takes precedent over all other field events.
19. **Rule 6. Section 2 Article 6: Order of competition in Throwing and Jumping Event**
Head event judge may change the order of competition to accommodate a competitor to be excused to participate in other events.
 - Competitors may take more than one trial in succession
20. **Rule 6, Sect. 2, Art. 12: Warming-up shall without a coach or event official at the venue shall lead to a warning and if repeated, disqualification from the event. If the incident recurs, the athlete will be disqualified from the meet.**
21. **Long and Triple Jump: 4 Jumps – will be flighted with best flight last.**
22. **All persons participating in the Pole Vault will be weighed and have poles verified.**
23. **Shot and Discus Throw: 4 Throws – will be flighted with best flight last.**
24. Shots and discuses will be weighed and impounded before the start of the meet..
25. **Order of Field Events:**
Ladies: Long Jump, High Jump and Discus (shot will follow discus), Pole Vault (Triple will follow Long)
Men: Long Jump, and Discus (Shot will follow discus); Pole Vault, Men's High Jump will follow the women's (Triple Jump will follow Long Jump)
26. Starting Heights:

Ladies High Jump: 4' 0"	Men's High Jump: 5' 0"
Ladies' Pole Vault: 6' 0"	Men's Pole Vault: 7'00"
27. Running Events – Prelims for the 100/110 Hurdles and 100 Dash; Timed Finals for everything else– fastest heat will be last
28. All NFHS and NCHSAA Rules will be enforced
29. **All protests should be filed with the Referee, Rex Mitchell, of the NCTCCCA, on the proper "Appeal Form."** Please bring your Rules book. This will assist you in filling out the Appeal Form. Any protest of the referee's decision is to be taken to the Meet Director, Rodney King of North Stokes, who will then present it to the Games Committee. Members of the Games Committee are:

30. You are responsible for telling your athletes the rules. No excuse from an athlete, parent or coach that they did not know about the rules. Know the important rules in the rule book (uniform, use of electronic devices, hair clips, relays, profanity, etc)
31. **Coach and all athletes are expected to show GOOD SPORTSMANSHIP. Competitors who engage in taunting, profanity, baton throwing, and/or refuse to follow the instructions of meet officials will be DISQUALIFIED FROM THAT EVENT OR POSSIBLY THE MEET.**
32. Please inform your athletes that they are not allowed outside of the track stadium, they are not to be in the parking lot, in any area of the school, or to return back to your bus.
33. Athletes are asked to not bother the FAT Operator and Scorers for times or to see their pictures. Coaches are asked to do the same unless you feel there is a need to see the photo finish.
34. Results will be posted at the top of the Stadium near the concession stand.
35. How quickly the meet finishes depend on how everyone does their job, both athletes and coaches. If you are assigned a job please do it, if you can't let us know as soon as possible.
36. NO BOOM BOXES are allowed in the stadium or in the parking lot next to the Stadium.
37. COACH's CELL PHONES must be on vibrate or turned off near the Start/Finish Line and at Field Events.
38. No athlete may use / view electronic devices during their competitions.