

## **FAQ's (Please read all of the information on the website for full details)**

- Friday, May 20<sup>th</sup> – early packet pick up at High School gym (south end and enter from the outside) 6 p.m. – 8 p.m. (Must have signed waiver in alphabetical order)
- If you have not paid online you will need to present your payment in order to get your registration packet.
- Saturday, May 21<sup>st</sup> – packet pick up 8 a.m. – 9:30 a.m. (Must have signed waivers in alphabetical order)
- SHOT PUT and DISCUS Weigh ins – 8 a.m. – 9:30 a.m. in garage near throwing circles

**Again, everyone needs a waiver before arrival.**

### **ENTRY / Track and Field OPENS**

- **8 a.m.** One coach and thrower(s) can enter at 8 a.m. to get implements weighed.
- **8:30 a.m.** Track facility opens to athletes and coaches
- **9:00 a.m.** Track facility opens to spectators, \$5 admission for all

### **START TIMES and ORDER of EVENTS**

Events/Order: (We will begin the meet with field events at 10:00 a.m. and running at 11:30 a.m.)

6th – 400 Dash 11:00 a.m.

400 Relay Trials – 11:30 a.m. and then continuous flow.

100 Hurdle Trials

100 Trials

200 Trials

1600 Run

100 Hurdle Finals

6th – 100 Dash

100 Finals

800 relay finals

400 Dash

400 relay finals

800 Run

6th – 200 Dash

200 Dash Finals

1600 Relay

Field Events - (3 attempts for each athlete and top 10 to finals. LJ, TJ, SP and Discus will have two flights of 15 in the trials.)

For jumps and throws – athletes can take attempts in any order of the following orders when their name is called during trials. They can take 1, 2 or all 3 attempts if they wish to. They cannot pass if they have any attempts left. In LJ and TJ – if the athlete takes consecutive jumps, they will piggy back in the line two deep.

### **LONG JUMP, TRIPLE JUMP, HIGH JUMP and POLE VAULT**

**You must have your steps measured before arriving. YOU CANNOT run backward up the runway to measure your steps.**

**If a field athlete is going to be leaving for a running event – they will be required to take two attempts on their first rotation.**

**We will have 30 minutes between genders in the field events.**

6th Grade – Long Jump will be run following the 7th/8th grade boys and girls. Each 6th grade participant will receive four jumps.

Long Jump - Girls followed by Boys (2 flights of 15 jumpers that jump in seeded order and top 10 to finals) 10 minutes of warmups between flights and between trials and finals.

Triple Jump - Boys followed by Girls (2 flights of 15 jumpers that jump in seeded order and top 10 to finals) 10 minutes of warmups between flights and between trials and finals.

High Jump – We will plan to use two pits and have both genders begin at 10 a.m.

Pole Vault - Boys followed by Girls

Shot Put – Girls 6 pound shot put first followed by Boys 8 pound shot put (2 flights of 15 throwers that throw in seeded order and top 10 to finals) 10 minutes of warmups between flights and between trials and finals.

Discus - Boys followed by Girls – 1kg/girls size discus (2 flights of 15 throwers that throw in seeded order and top 10 to finals) 10 minutes of warmups between flights and between trials and finals.

### **Awards**

- Top six receive medals for each event
- 6<sup>th</sup> grade division have medals for the top four of each event

### **General Information and most important**

This meet is not sanctioned by a governing body. There is no complaint department. This meet is about the talented students. No host or volunteer has any special interest in any one athlete. Calls made and rules followed are all we are doing to create a fun and competitive environment. If you feel the need to create conflict over a children's track and field meet you are entered in the wrong meet. Please make it about the kids and enjoy the day of competition.