

Entry Standards

THESE ARE SUGGESTED GUIDELINES ONLY. All verifiable marks shall be entered into the meet up to a maximum of three (3) entrants per event, per school. With the exception of Pole Vault, the cut-off mark shall be **adjusted** to allow for a **minimum of 16 athletes**. Coaches, please evaluate your entries closely. If you have an athlete in ANY event that is VERIFIABLY CLOSE to the guideline mark, please enter the athlete anyway.

The 2018 Section 4 Track and Field Games Committee agreed upon these marks.

EVENT	GIRLS	BOYS
High Jump	4-6 opening height 4-4	5-8 opening height 5-6
Triple Jump	29-0 minimum mark 27-0	40-0 minimum mark 38-0
Long Jump	15-6 minimum mark 15-0	19-6 minimum mark 19-0
Pole Vault	6-6	9-6
Discus Throw	80-0 minimum mark 78-0	116-0 minimum mark 114-0
Shot Put	29-0 minimum mark 27-0	40-0 minimum mark 38-0
100 meters	13.00	11.25
100m/110m Hurdles	19.00	17.00
200 meters	27.00	23.00
300m Hurdles	52.00	43.00
400 meters	1:03.0	52.00
800 meters	2:35.0	2:05.0
1600 meters	6:10.0	4:55.0
3200 meters	13:30.0	10:45.0
4x100 Relay	52:00	44.00
4x200 Relay	1:50.00	1:34.00
4x400 Relay	4:25.0	3:37.0
4x800 Relay	11:30.0	9:00.0

Please direct any questions or concerns to Kris Harman at
CELL: 901-239-4028, kristopher.harman@acsk-12.org
Or Scott Hamlett- William.hamlett@gmsdk12.org

Section 4 Event Verification Form

Copy as needed

School: _____ Coach: _____

Meet: _____ Location: _____

Date: _____ Meet Director: _____

<u>EVENT</u>	<u>ACTUAL TIME (S)</u>	<u>ATHLETE'S NAME (S)</u>
100m	_____	_____
100/110 H	_____	_____
300H	_____	_____
200m	_____	_____
400m	_____	_____
800m	_____	_____
1600m	_____	_____
3200m	_____	_____
4X100m	_____	_____

4X200m _____
4x400m _____
4x800m _____

<u>EVENT</u>	<u>DISTANCE/HEIGHT (S)</u>	<u>ATHLETE'S NAME (S)</u>
Long Jump	_____	_____
Triple Jump	_____	_____
High Jump	_____	_____
Discus	_____	_____
Shot Put	_____	_____
Pole Vault	_____	_____

Meet Directors Signature: _____

Notes to Coaches: This form is needed ONLY for meets that do not post the results on the Internet. This form is only to be used to verify performances that meet the Section 4 entry standards as set forth by the Section 4 Track and Field Games Committee.

You must report the ACTUAL times for all hand-timed performances (NOT converted times).

Meet Directors are NOT responsible for providing this form. You may copy this form as needed.

You will need one form for each meet. You may include as many athletes per meet as have met the standard for a given event.

Note to Meet Directors: By signing this form you are acknowledging that you have a record of these events for this meet. You must keep a copy of this record and be able to produce it upon request by the Section 4 Track and Field Games Committee. Section 4 Event Verification Forms for which there are no records will not be accepted.

Please direct any questions or concerns to Kris Harman at
CELL: 901-239-4028, kristopher.harman@acsk-12.org
Or Scott Hamlett- William.hamlett@gmsdk12.org