

Boys 52nd and Girls 44th **GREENVILLE COUNTY** **TRACK & FIELD** **VARSITY CHAMPIONSHIPS**

**Ed Boehmke Track & Field Facility
John Carlisle Stadium
Eastside High School**

Tuesday & Wednesday April 21 & 22, 2020

ALL Schools from Greenville County including private schools are invited to compete in the
longest continual track and field meet in South Carolina.

Entry Limit: Every school is allowed at least three athletes per event regardless of performance or grade. Each school may enter a 4th athlete per event provided that all 4 have met the qualifying standards below. (Note: Although we want to expand the meet, we do not want everyone to just enter 4 athletes just to enter 4. Please make sure that each of your athletes have met the standard if you enter 4 so we can increase the quality of the competition, not just add people!). Only one relay team may be entered. Athletes entered in the Varsity Meet cannot be entered in the JV Meets. (See JV Meet information sheet). **If you enter 4 athletes in an event, the performance has to be substantiated through results on milesplit.com for this track season.**

Event	Boy's Standard	Girl's Standard
100 Meters	11.63	13.36
200 Meters	23.39	27.54
400 Meters	54.82	66.04
800 Meters	2:06.57	2:34.40
1600 Meters	4:48.54	5:36.88
3200 Meters	10:30.86	12:45.35
100/110 Hurdles	19.06	19.58
400 Hurdles	63.32	77.76
Long Jump	19'00"	14'01.5"
Triple Jump	39'05"	30'10.5"
High Jump	5'04	4'04"
Pole Vault	9'00"	7'00"
Shot Put	38'06"	27'03.5"
Discus Throw	109'05"	74'07"
Javelin	58'00"	45'00"

If you enter a 4th athlete then ALL 4 athletes must have a meet result above standard and listed for this year on milesplit.com.

On-line Entry: All entries must be submitted on-line at SCRrunners.com by the entry deadline of 11:59 pm on SUNDAY APRIL 19th. Please make sure that you have gone on this site and understand how to use it well before the entry deadline. You may enter 4 athletes and 1 relay team per Varsity Meet. You will have to enter RELAY NAMES for your Varsity Meet. Make CERTAIN that any athlete does not exceed the FOUR EVENT RULE! The online entry will be locked at 11:59 pm on Sunday April 19th..

Entry Fee: An entry fee of \$7.00 per athlete up to \$85.00 per team will be charged up to a maximum of \$160 per school. Make checks payable to Eastside High and bring it to the Coaches Meeting on Thursday or mail it to Eastside in care of Ed Boehmke. This entry must be paid before your team is allowed to participate. Remember this fee is an ENTRY FEE - if you enter you MUST pay. Please mail your check in care of Ed Boehmke Eastside High School 1300 Brushy Creek Road Taylors, SC 29687.

Entry Deadline: 11:59 pm on SUNDAY APRIL 19.

Coaches Dinner: We will have a coaches dinner on Monday April 20 at a place (a restaurant) and time that I will send out later. This dinner is for us to get together and socialize. I will be able to answer all of your questions about your entries and have computers available for you to make changes for the Varsity Meet (last chance).

Meet Packet: You will pick up your packet of numbers, wristbands, etc. at the Coaches Meeting on Tuesday. Remember that no athletes can enter the stadium without a wristband. In the packet you will find:

1) A team roster showing each athlete assigned number. Have each athlete pin these numbers to the front of their uniform. Four pins per athlete will be included in your packet. Please tell your athletes not to lose their number – they need it both days! Make sure that each athlete gets and wears the correct number.

2) Wrist Bracelets – one for each athlete. It must be snugly secured to the wrist of the athlete before they try to enter the stadium. Please tell your athletes not to take off their wrist bracelet until after the second day of the meet – they need it both days! If they do not have it, they will have to pay to enter – a uniform will not get them in. Coaches wrist bracelets will be a different color and one will be assigned to each coach on the coaches roster asked for in an email before the meet.

3) Your entries by event. Check this closely. You will have one chance to correct these (see below). No athlete that is entered in the JV Meet may be on this roster, and no athlete in this meet may compete in the JV Meet. (The JV Meet must also be 10th grade and under – See JV Information Sheet).

4) Coaches Meal Tickets – two per coach up to four coaches per school, provided I receive their names before the meet on a separate email that I will send out. If you receive an extra supplement from the district, you must notify me before the packets are put together. Please do not lose these.

5) Field Event Assignments – Please check this and help us make the meet go as smoothly as possible by working your assigned event.

6) 400 Relay Zone Assignments – Please get a flag from the starting line and distribute yourselves at the 3 zones for this relay.

At The Championships -

1) Bus Parking – Please park around the curbing from the exit back toward the school first before parking in the spaces. This will make it easier for everyone to park and leave the lot.

2) Stadium Entry – Your wrist bracelet will allow access into the stadium at any gate. This must be attached securely before attempting to enter and must be worn both days of the meet. Those without a bracelet or acceptable pass must pay the \$5.00 entry fee.

3) Team Camps - you may set up your team area at the top of the hill on the north and west side of the stadium, provided you do not block the walkways. You may also set up tents in the visitor side stands. Tents are not allowed in the home stands or on the hill on either side of the home stands.

4) Other Off limit areas- No coaches or athletes are allowed on the infield except those that are competing, officiating or waiting for a heat/section. The other athletic facilities including all buildings are off-limits. The back fields may be used for warm-ups.

5) Clerking procedure – All athletes in running events must report to the clerk no later than 15 minutes before the start of their race. The athlete should have on the correct uniform and his/her assigned number. All four members of the relay team must be present to check in the team. Those that do not report may be scratched from the event.

6) Protests – A protest sheet must be filled out and presented to the referee, stating the specific rule violation, if you would like to file a protest. The referee will make a decision based upon what you write and may talk with you before any decision is made. If you disagree with the referee's decision, you may extend your protest to the Jury of Appeals, a group of 5 of your peers, who will make the final decision. Remember that not everything is appealable, such as false starts.

Field Event Minimums — In the horizontal jumps and throws, each athlete will be given 3 attempts. The first attempt for everyone will be marked. Subsequent attempts will not be marked unless it equals or exceeds the minimum requirements listed below. The top 8 performers in the preliminaries will be given 3 more attempts. All 6 performances will count towards the results. The starting heights for the vertical jumps are also listed.

Event	BOYS FIELD EVENT Minimums for Marks	GIRLS FIELD EVENT Minimums for Marks
High Jump	5'4"	4'4"
Pole Vault	8'6"	7'0"
Long Jump	18'0"	14'0"
Triple Jump	36'0"	29'0"
Shot Put	35'0"	25'0"
Discus	90'0"	65'0"
Javelin	None	None

After the meeting is over, no changes may be made in your entries for any reason. If you do not have a representative at the meeting, then entries that were entered online will be your official entries.

Awards: Awards will be given to the top eight places of each event and to members of each relay team. A Most Valuable Field and a Most Valuable Track athlete will be selected and awarded a plaque. Team awards for the top 4 teams will be given. Event awards will be given to athletes in a ceremony on the awards stand shortly after the conclusion of each event. Scoring for the Varsity Meet is 10-8-6-5-4-3-2-1.

MVP selection – An MVP will be selected for the boys and girls from the six field events and the eleven running events. Coaches may make suggestions for these awards by writing the athletes name and performances on a sheet of paper and giving to Eric Cummings before the last event. A selection committee will look at these and the overall results and make a decision for these awards. Your accuracy on who runs in relays may be important to the decisions.

Track Admission: All participating athletes and coaches will be given wrist bracelets for admission into the stadium. Bracelets will be good for admission through any open gate. Any person without a bracelet will be charged a \$5.00 admission charge for the meet. These bracelets are to be used for every day of the meet and therefore should not be removed. The bracelets will be in your packet. Please arrange with your athletes where to pick them up from you before they try to get into the stadium. If an athlete is caught giving a wrist bracelet to anyone for the purpose of a free pass to get someone through the gate that athlete will be taken out of the meet.

Numbers: All athletes must have their number during competition. Running events contestants must wear these on the front of their uniform; field athletes may wear their number on the front or back.

Time Schedule: The time schedule on the following page will be followed as closely as possible. In the event of bad weather, we will go to a rolling schedule. Make sure that your athletes are aware of this possibility. An announcement will be made if the decision to go to a rolling schedule is made.

Tuesday April 21, 2020

Track Events

5:00	Girls 3200 Meter Relay Finals - 1 Section
	Boys 3200 Meter Relay Finals - 1 Section
5:30	Boys 110 Meter Hurdle Trials
	Girls 100 Meter Hurdle Trials
6:10	Girls 3200 Meters - Finals - 2 Sections
	Boys 3200 Meters - Finals - 2 Sections
7:10	Girls 100 Meter Dash Trials
	Boys 100 Meter Dash Trials
7:50	Girls 1600 Meter section 3
	Boys 1600 Meter Section 3
8:05	Girls 200 Meter Dash – Trials
	Boys 200 Meter Dash - Trials

Field Events

5:00	Triple Jump - Boys
	Long Jump - Girls
	Shot Put - Girls
	Discus - Boys
	High Jump - Boys
	Pole Vault - Girls
	Javelin - Girls

Wednesday April 22, 2020

Track Events

5:00	Girls 400 Meter Relay – Finals – Sections
	Boys 400 Meter Relay - Finals - Sections
5:20	Girls 1600 Meters - Section 2
	Boys 1600 Meters - Section 2
5:35	Girls 100 Meter Hurdles – Finals
	Boys 110 Meter Hurdles - Finals
5:40	Girls 100 Meter Dash – Finals
	Boys 100 Meter Dash – Finals
5:45	Girls 1600 Meters - Finals - Section 1
	Boys 1600 Meters - Finals - Section 1
6:00	Girls 400 Meter Dash – Finals - Sections
	Boys 400 Meter Dash - Finals - Sections
6:40	Girls 400 Meter Hurdles – Finals - Sections
	Boys 400 Meter Hurdles - Finals - Sections
7:20	Girls 800 Meter Run – Finals - Sections
	Boys 800 Meter Run - Finals - Sections
7:50	Girls 200 Meter Dash – Finals
	Boys 200 Meter Dash - Finals
7:55	Girls 1600 Meter Relay – Finals - Sections
	Boys 1600 Meter Relay - Finals - Sections
8:35	Team Awards and MVP's

Field Events

5:00	Triple Jump - Girls
	Long Jump - Boys
	Shot Put - Boys
	Discus - Girls
	High Jump - Girls
	Pole Vault - Boys
	Javelin - Boys