

**BEN LIPPEN ATHLETICS**

*TO GOD BE THE GLORY*



## The “George Johnson” Falcon Invitational

**Date:** Saturday, April 10<sup>th</sup>, 2021

**Location:** Ben Lippen School- 7401 Monticello Rd, Columbia, SC 29203. The track is around Ben Lippen’s football field on campus.

**Entries:** On Milesplit.com Entries are due by 11:59 pm on Wednesday, April 7th. Heat Sheets and a revised schedule will be emailed by Friday, April 9<sup>th</sup>.

Entries are limited to the top 4 in each event

Results: We will have Fully Automatic Timing and live results (hopefully on the scoreboard)

**Entry Fee:** \$100/per gender/per team. Make checks payable to “Ben Lippen School”.

### **¼ inch pyramid spikes only, no Christmas Trees!!**

**Parking:** Spectators will be charged \$5/car when first coming onto the boulevard. Follow signs/parking attendants for where to park. Buses will park in the gravel parking lot below the track.

**Concessions:** Will be available throughout the meet with the restrooms adjacent to the concessions stand.

**Team Tent Area:** Will be located at the small practice field next to the baseball field.

### **Important Covid Related Information**

- All fans will be asked to wear a mask when unable to social distance from each other.
- Fans must enter the facility and depart while wearing a mask.
- Fans are encouraged to bring their own chairs.
- Fans should exit the facility immediately following the contest.
- Teams will have designated team camp areas where their athletes should remain unless they are: running warm-up, using the restroom, or heading to the starting line.
- Teams should distance themselves from other teams while running warm-ups
- The infield area would be used only for officials, coaches, and as a warm-up area for the next event only.
- Athletes can check in and enter the “warm-up area 15-20 minutes prior to their race.
- Where social distancing cannot take place athletes and coaches must wear masks
- Field event flights should be marked with cones that are 6 feet apart to keep competitors from being too close while they are in lines to warm-up or compete (long jump, high jump, shot put, discus)
- When athletes cross the finish line they MUST keep moving and head DIRECTLY to their team camp. DO NOT congregate in the finish area (masks are encouraged).
- We will not provide cups of water at the finish line. They will need their own water bottle



## Event Schedule

(Rolling Schedule starting at 10:00 a.m. for both Track and Field)

### Track Events

*(Girls, followed by boys)*

4x800m Relay

100/110 Hurdles

100m

1600m

4x100 Relay

400m

400m Hurdles

800m

200m

3200m

4x400 Relay

### Field Events

High Jump (boys, followed by girls)

Pole Vault (girls, followed by boys)

Shot Put (boys, followed by girls)

Discus (girls, followed by boys)

*Following High Jump-* Long Jump (boys, followed by girls)

Triple Jump (girls, followed by boys)

