



Chester Boren Middle School

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Coaches,

I have just a few things to remind you about. If you have any questions about anything, I should be around the track at all times. Additionally, there will be two coaches from Centralia at the finish line.

We will need help on the 4x200 & 4x100 relay exchanges. Please report to your designated exchange zones when it is announced. The flags will be there waiting for you.

Additionally, if a couple of coaches could assist in lining up runners at the finish of the 1600M and 800M runs, that would help out a lot.

Items of interest:

- Field events will start at 4:00 p.m. If there are substitutions, mark them on the posted entry sheets and have your athletes just sub at the event. If you are scratching them out completely from an event, have them report (or send a representative) to notify the event of that fact.
- 7th and 8th grade will be run together on field events and scored together. Team scores will be announced periodically.
- There will be three (3) calls on every event. Make sure your athletes are there by the 3rd call. All field events report to event location. All track events report to the bullpen area by the ticket booth at the main entrance.
- Please ensure that your athletes are wearing their uniform. Any undergarments worn under the uniform must be a solid color. Have relay teams look like one team.
- Make sure your athletes have 3/16" pyramid spikes.
- Results will be posted on concession stand during the meet. All teams will get a packet with results at the end of the meet.
- All timing is done with video timing but feel free to use the coaches area near the finish line to manually time your athletes.
- Have your poles checked and your shot/discus implements weighed when you arrive to avoid delays.

Centralia Track - Medal Meet Rules

1. Athletes limited to 4 events (only 3 on the track).
2. There are no prelims. All heats are against time.
3. Each team is allowed 2 entries in individual events and 1 relay team.
4. Long jump, triple jump, shot put, and discus will have 3 trials.
5. Plaques will be awarded to the top Boys Team and the top Girls Team.
6. Shot and discus rings are concrete. Shot put & Discus are both outside the fence at the north end of the track.
7. Long and triple jump runways are rubberized surfaces. (3/16" or smaller pyramids) Runways are located at the south end of the track. The shortest long jump board is 6 feet to the pit. There are several triple jump lines starting as short as 18 feet.
8. We will provide starting blocks.
9. The starting height for high jump will be determined by entries. We will start at about 4" below the 8th best jump. These will be announced at the meeting.
10. The starting height for pole vault will be determined by entries. We will start at about 6" below the 8th best vault. These will be announced at the meeting.
11. Athletes and coaches should not be around the finish line unless you are helping line up finishers on the 1600M & 800M runs. Results will be handed out at the end of the meet that include ALL times and distances.
12. All participants must be in school uniform.
13. We ask that athletes stay out of the infield.
14. Reporting for running events will take place in the bull-pen area, which is located at the North end of the track by the main entrance.

Order of Events

- 3:45 Coaches Meeting in equipment storage
(garage door at North end of bathroom building)
- ☐ Check entries & add/sub/scratch
 - ☐ Sign in pole vaulters & get poles checked, shot/discus weighed
 - ☐ Assign exchange zones
 - ☐ Questions
- 4:00 Field Events Start
- Boys High Jump followed by Girls High Jump
Boys/Girls Long Jump followed by Boys/Girls Triple Jump (different pits)
Girls Pole Vault followed by Boys Pole Vault
Boys Shot Put followed by Girls Shot Put
Girls Discus followed by Boys Discus
- 5:00 Track Events Start
- Girls & Boys 4x800M Relay
Girls 100 M Hurdles
Boys 100 M Hurdles
Girls 100 M Dash
Boys 100 M Dash
Girls 4x200 M Relay
Boys 4x200 M Relay
Girls 1600 M Run
Boys 1600 M Run
Girls 4x100 M Relay
Boys 4x100 M Relay
Girls 400 M Dash
Boys 400 M Dash
Girls 800 M Run
Boys 800 M Run
Girls 200 M Dash
Boys 200 M Dash
Girls 4x400 M Relay
Boys 4x400 M Relay

Result Packets at End of Meet