

Region I-A Track & Field Championships Wednesday, May 5th at 4:00 PM

We look forward to hosting your teams at the region track & field meet. This meet is also a qualifier for the Upper State Qualifying Meet. The top 4 in each event will qualify for the Upper state meet.

Coaches please help us run an efficient meet and provide at least 2 field people to assist us.

Athletes must have participated in at least 2 meets this season to be eligible for the region meet.

Please go over this information with your athletes before the meet starts and please go over the attached rules and regulations yourself & with your athletes, especially the ones concerning uniforms. There is an attached sheet that needs to be signed by your girl's & boy's coach and turned in to Coach Rogers before the region meet starts. This sheet has to be submitted to the High School League. Please make sure your relays are in the same uniforms.

Heat Sheets:

Will be available the day of at the meet. CKET will have heat sheets at the meet.

Timing: CKET Timing

Entry Fee: Each school is being asked to pay \$75 to McCormick High School.

Entry Deadline – Entries will close **Wednesday, May 5th at 9:00 AM**. No athletes can or will be added after this time.

Entries: You are allowed to enter 4 per event in all events & only relay team per relay event. Enter your school

& athletes on scrunchers.com. It is listed under the calendar section. **Include First and Last names & grades** when submitting athletes. Athletes can do no more than 4 events. Examples of this rule is below:

Being listed as one of the six members of a relay team does not count as an event unless the competitor actually participates. Once he/she has been listed in any individual event(s), the athlete is locked in.

(4 individual events & no relays) (2 individual events & 3 relays however, after the athlete participates in 2

relays they cannot participate in the 3rd relay) You can list up to 6 athletes per relay including alternates. **No addition or substitutions will be allowed at the meet. We will not do any substitutions on the day of the meet only scratches.** (This saves a lot of headaches for you). We will weighing in all throwing implements.

Scoring: 6-4-3-2-1, relays: 6-4-2

3:45 Coaches meeting, turn in SCHSL sheets

4:00 - Start Field Events

(LJ, TJ, Shot put, Discus and Javelin: 4 attempts need to be competed in the time frame, the order of jumpers doesn't matter)

High jump will start at 5'2" for the boys and 3'10" for the girls. The bar for the high jump will be raised 2 inches until a winner is determined.

Pole Vault will start at 8'0" for the boys and 6'0" for the girls. The bar for the pole vault will be raised 6 inches until a winner is determined.

4:00 Girls long jump/ Boys long jump/ Boys High jump/ Girls discus/ Boys shot put

Followed by: Boys triple jump/ Girls triple jump/ Girls high jump/ Boys discus /Girls shot put/ Boys and Girls pole vault/ Boys and Girls Javelin

6:00 Running Events (girls first then boys) on a rolling schedule, the next event follows the last immediately. Check in at the location of the event **Be prompt!**

We will be using a 3-turn stagger for the 4x400m.

4x100 relay

4x800 relay

100/110 hurdles (sections)

100 (sections)

1600

400 (sections)

400 hurdles (sections)

800

200 (sections)

3200

4x400 relay (3 turn stagger)

General Information:

Rules and Regulations:

1. Remind your athletes that we will follow all high school league rules and guidelines. We will do our best to do preventive officiating.
 - a. Jewelry and hair. Athletes may wear jewelry but may not have any hair accessories that have hard parts. These includes beads.
 - b. Athletes must be in a school issued track uniform.
 - c. Athletes cannot bring electronic devices into the area of competition. Electronic devices include cell phones of all types, music players of all types,

tablets of all types, computers of all types, photo and video cameras of all types, etc. Result of having an electronic device can result in disqualification.

- d. **All of the disqualifications listed are avoidable.**
- 2. **Please advise your team that no one is allowed in the school buildings. All RESTROOMS and CONCESSIONS located at the football stadium.**
- 3. Please do not permit athletes to jump the fence.
- 4. All **CLERKING** will be done at the start of the event. Please make sure your athletes clerk in when their event is first called. If an athlete misses clerking in, they will be scratched from the event. All field events will clerk in at their locations. **You may not add athletes to this meet or make any substitutions.**
- 5. Athletes competing in multiple events that are occurring at the same time must report back to each event every **10 minutes** to avoid a scratch. We will not hold up an event to wait for one athlete.
- 6. **In shot put, discus, javelin, triple jump and long jump** each athlete will get 4 attempts. The top 4 will move on to **Upper State Meet.**
- 7. **High Jump and Pole Vault:** 3 attempts at each height.
Infield Off-Limits: Only coaches and athletes who are warming up or cooling down are allowed on the infield.
- 9. Each team will need to have a representative to help with the field events and for the jury of appeals.
- 10. We will start the field events at 4:00 and running events at 6:00.
- 11. Warmups can be done on inside of the track.
- 12. Spectator Admission- \$5. SCHSL passes accepted.
- 13. Results will be posted at scrunchers.com

Thanks to everyone for helping to make the Region Championship a successful track meet. We wish everyone good luck!