

2021 Region 4-1A & 2-6A Track & Field Championships

To: Region 4-1A & Region 2-6A Track and Field Coaches
From: Johnathan Perkins - Meet Director

Subject: 2021 Region 4-1A & Region 2-6A Track & Field Championships

Site: Arrow Track Complex (Clinton High School Arrow Field), Clinton, MS

Dates & Times: **Thursday, April 15, 2021**
Coaches Meeting 12:45
Field Events 2:00
4x800m Relay Finals 2:30

Entries: The top 4 advancers from Division 7-1A, 8-1A, 3-6A, and 4-6A in each event.

Entry Fee: \$10.00 per athlete (Make checks payable to Clinton Athletics)
Please bring entry fee to the meet, and pay at packet pickup at the Home Ticket Booth!

Admission: \$7.00

Jury of Appeals: 1A – Mount Olive, Sacred Heart, Stringer
6A – Madison Central, Germantown, South Panola

Please read over the Coaches Information Sheet carefully.

COACHES INFORMATION SHEET

- Athletes may participate in a maximum of four (4) events including relays.
- Each athlete will get 6 jumps, 6 throws, and pole vault and high jump will be contested, normally.
- Meet Admission: \$10.00 per athlete, \$7.00 per spectator
- Scoring: The number of teams entered in each division will determine scoring for that division.

Of Teams
7 or more

Individual Scoring
10 – 8 – 6 – 4 – 2 – 1

Relay Scoring
10 – 8 – 6 – 4 – 2 – 1

- The No False Start Rule **will** be in effect.
- An automatic timing device will be used in all races. Athletes may be recalled at the start if the timing device does not start!!!
- Athletes are to warm-up in the designated areas only (this area will be discussed at the coaches' meeting). On the first call athletes are to report to the Clerk of the Course. Athletes that do not report will be scratched. On the second call athletes will be released to report to the starting line or exchange zone areas. On the third call athletes are to move on to their assigned positions/lanes on the track. Athletes are to move out of the infield-fenced area at the completion of their event.
- All field events will be held inside the fenced area. NO ONE WILL BE ALLOWED INSIDE THE INFIELD FENCED AREA EXCEPT COACHES AND ATHLETES PARTICIPATING AT THAT TIME. ALL COACHES MUST STAY IN THE DESIGNATED COACHES AREA THAT WILL BE SET UP FOR EACH FIELD EVENT LOCATION. AT THE CONCLUSION OF THE FIELD EVENTS, THE INFIELD WILL BE CLEARED OF ALL ATHLETES.
- Each competitor must compete in a proper school issued uniform (Rule 4 - 3). In relay races each team member shall wear the same color and design school uniform. When other apparel

is worn under the uniform in relays, it shall be of the same color for all teammates choosing to wear them.

- After completing a race, athletes are to exit the track to the left through the chute setup on the football to lead them back to the warmup area. **Please inform them to never walk back across the finish line after they have finished their race!**
- **Spikes:** 1/4” pyramid or less only! **NO CROSS COUNTRY NOR NEEDLE SPIKES ALLOWED!**
- Starting Blocks will be provided! Schools will not be allowed to use their own blocks!
- The **home-side stands** will be closed to all teams, only spectators may use. The **visitor-side stands** and designated team camp areas will be denoted on a map.
- Spectators are not allowed, on the visitor’s side of the stadium, inside the track areas, nor on the football field.
- Coaches with a team in the relays must turn in a Relay Entry Confirmation Sheet to the clerk of the course. **Any changes made during the meet must be made on the confirmation sheet prior to the end of the meet.**
- Coaches with vaulters will need to turn in a pole vault verification sheet at event check-in.
- **TAPE OR CHALK ARE THE ONLY MARKING MATERIALS PLACED ON THE TRACK, RUNWAYS, OR HIGH JUMP APRON!**
- Starting / Break Lines (color-coded):

White	100, 200, 400, 1600, 3200, 100 Hurdles, 110 Hurdles, 300 Hurdles, 400 Relay
Black	800 Relay
Green	800, 3200 Relay, Break Line
Blue	1600 Relay
- Exchange Zones (color-coded):



	1ST Exchange	2nd Exchange	3rd Exchange
400M Relay	yellow/yellow	yellow/yellow	yellow/yellow
800M Relay	black/black	black/black	yellow/yellow
1600M Relay	blue/blue	blue/blue	blue/blue
3200M Relay	blue/blue	blue/blue	blue/blue

Order of Events

Field Events

2:00 PM	1A Boys Long Jump (Pit 2) 1A Girls Long Jump (Pit 1) 1A Girls Discus 1A Boys Shot 1A & 6A Boys Pole Vault 1A & 6A Girls High Jump	GERMANTOWN WARREN CENTRAL CLINTON MADISON CENTRAL CLINTON CLINTON
2:45 PM	1A Boys Triple Jump (Pit 2) 1A Girls Triple Jump (Pit 1) 1A Boys Discus 1A Girls Shot 1A & 6A Boys High Jump	GERMANTOWN WARREN CENTRAL CLINTON MADISON CENTRAL CLINTON
3:30 PM	6A Boys Long Jump (Pit 2) 6A Girls Long Jump (Pit 1) 6A Boys Discus 6A Girls Shot 1A & 6A Girls Pole Vault	MOUNT OLIVE LEAKE COUNTY SEBASTOPOL RESURRECTION CLINTON
4:15 PM	6A Boys Triple Jump (Pit 2) 6A Girls Triple Jump (Pit 1) 6A Girls Discus 6A Boys Shot	MOUNT OLIVE LEAKE COUNTY SEBASTOPOL RESURRECTION

Running Events

2:30 PM	1A Girls 4x800m Relay Finals
2:50 PM	6A Girls 4x800m Relay Finals
3:10 PM	1A Boys 4x800m Relay Finals
3:25 PM	6A Boys 4x800m Relay Finals
3:40 PM	1A Girls 3200m Run Finals
4:00 PM	6A Girls 3200m Run Finals
4:20 PM	1A Boys 3200m Run Finals
4:40 PM	6A Boys 3200m Run Finals

5:00 PM All running events will be on a rolling schedule in the following order: **1A Girls – 6A Girls – 1A Boys – 6A Boys.**

100m High Hurdles (33") – 1A/6A Girls	400m Dash
110m High Hurdles (39") – 1A/6A Boys	300m Low Hurdles (30") – 1A/6A Girls
100m Dash	300m Low Hurdles (36") – 1A/6A Boys
4x200m Relay S. PANOLA/CLINTON	800m Run
1600m Run	200m Dash
4x100m Relay (S. PANOLA/STARKVILLE/MURRAH)	4x400m Relay CLINTON



Relay Entry Confirmation Sheet

School _____ Boys _____ Girls _____

Conference _____ Division _____ Region _____ x _____ North/South _____ State _____

According to the National Federation Track & Field Rule 4-2-1, a competitor shall not compete in more than four events including relays. Before each relay a copy of this confirmation sheet must be given to the Clerk of the Course before participation at every track meet.

Entries

400 Meter Relay	800 Meter Relay	1600 Meter Relay	3200 Meter Relay
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____

This list becomes certified when the head coach signs and delivers this form to the Clerk of the Course.

Signature of the Head Coach



CONCESSION

Team Camp

TEAM RESTROOMS

Team Camps

SPECTATORS ONLY

GIRLS L/J/TJ

BOYS L/J/TJ

STAGING AREA

Team Camps ONLY

Team Camp

Implement Weigh-Ins

SHOT PUT

DISCUS

POLE VAULT

HIGH JUMP

Team Camp

TEAM GATE

Arrow Dr

Arrow Dr

Google

BUS PARKING

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Region & North/South Track Meet Roster

School _____

Coach _____

School Phone Number _____

Coach's Cell Number _____

Class – 1A 2A 3A 4A 5A 6A (circle one)

Boys _____ Girls _____

Region _____ North/South _____ State _____

Please print or type entire team in alphabetical order.

Last Name	First Name
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	
22.	
23.	
24.	
25.	

Total number of athletes _____ X \$10.00 = \$ _____ total entry fee.

Please make copies of this form if necessary.

**For the *Region* and *North/South* track meets:
Make check payable to HOST SITE
Mail this entry fee form and check to the HOST SITE**

Pole Vault Confirmation Sheet

Host School _____ Date of Meet _____ Classification _____

Invitational _____ Division _____ Region _____ North/South _____ State _____

According to the National Federation Track & Field Rule 7-4-5:

It is the responsibility of the coach to verify that the vaulter will use a pole rated at or above the vaulter's weight and that legal poles have been provided for that competitor.

Each competition shall affirm by his/her signature that he/she will use the properly rated pole throughout the competition.

Vaulter's Name	Vaulter's initials	Current Weight	Pole Rating	Coach's Signature

This form must be presented to the event judge before vaulter is eligible to participate.

School _____

District _____ Region _____

Athletic Director _____

Principal _____

***** Note: Starting with Division Meets the starting heights shall be:**

Boys - 9 feet minimum!

Girls - 6 feet minimum!