

Redwood Empire Area Track & Field Showcase (revision May 27, 2021)



LOCATION: HEALDSBURG HIGH SCHOOL

(1024 Prince Ave, Healdsburg, CA 95448)

SPONSORED BY: Fleet Feet Santa Rosa



SATURDAY, MAY 29, 2021

CO-MEET DIRECTORS: Robert “Bear” Gray and Chris Vanden Heuvel

FOR ADDITIONAL MEET INFORMATION CONTACT: greg.fogg@comcast.net

ONLY HIGH SCHOOL ATHLETES FROM REDWOOD EMPIRE AREA COUNTIES INVITED:

Sonoma, Napa, Humboldt, Mendocino, Lake, Marin

FULLY AUTOMATIC TIMING (FAT) AVAILABLE: By Red Cap Timing <https://redcaptiming.com/>

FINAL MEET INSTRUCTIONS

MEET EVENT WEBSITE [LINK](#) (includes link to Spectator Tickets/Live Results):

<https://ca.milesplit.com/meets/431474-redwood-empire-area-track-and-field-showcase-2021/info#.YK6UsahKiUm>

LIVE SCOREBOARD AND MOBILE-FRIENDLY FORMAT FOR HEAT SHEETS (just click “Start List”):

<https://redcaptiming/2021/redwoodempire/>

LINK FOR PURCHASING SPECTATOR TICKETS: <https://gofan.co/app/events/317654?schoolId=CA9048>

Spectator admission price is \$10 general admission and \$6 for students and senior citizens

Note: Tickets are available to be purchased now and on race day until our allowed Spectator capacity of 150 is reached! (Please share with Parents!)

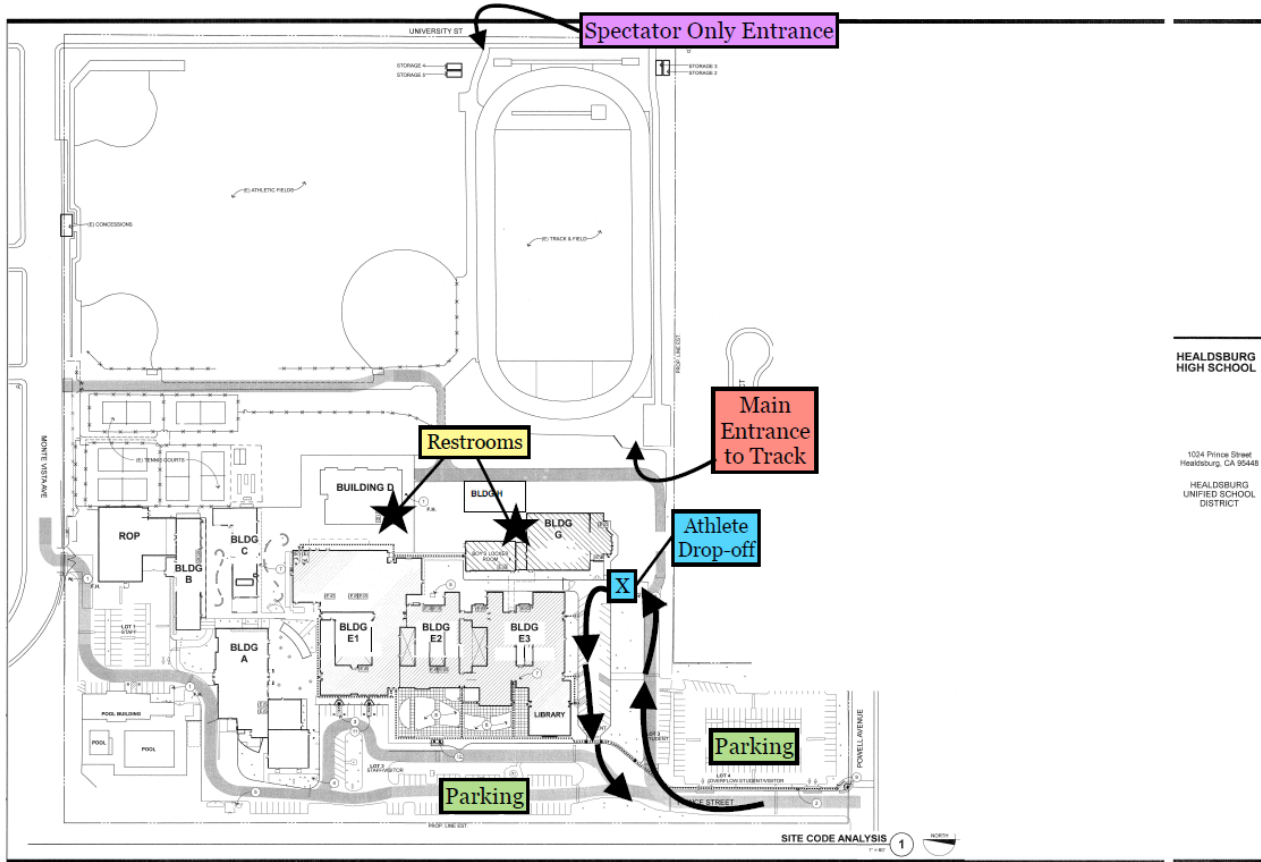
FIELD EVENT SCHEDULE:

Final Call	Start Time	Field Events	Flights	Athletes
11:45	12:00	Varsity Boys Shot Put	2	19
11:45	12:00	Varsity Girls Discus	2	19
11:45	12:00	Varsity Boys High Jump	1	9
11:45	12:00	Varsity Girls Pole Vault	1	14
11:45	12:00	Varsity Girls Long Jump	2	16
11:45	12:00	Varsity Boys Long Jump	2	16
1:45	2:00	Varsity Girls Shot Put	2	19
1:45	2:00	Varsity Boys Discus	2	19
1:45	2:00	Varsity Girls High Jump	1	15
1:45	2:00	Varsity Boys Pole Vault	1	15
1:45	2:00	Varsity Girls Triple Jump	2	16
1:45	2:00	Varsity Boys Triple Jump	2	16

RUNNING EVENT SCHEDULE:

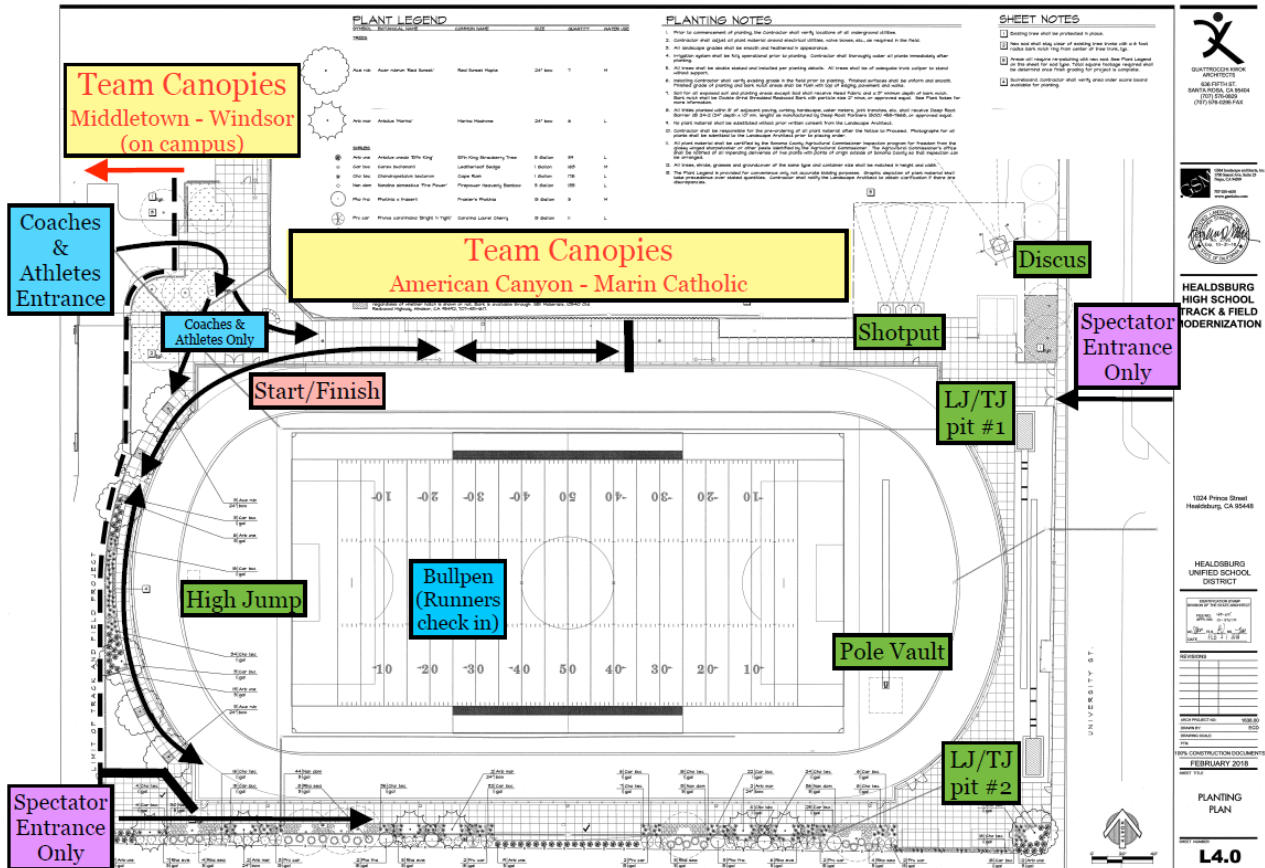
Final Call	Start Time	Running Events	Heats	Athletes
4:45	5:00	Girls 4x100m Heat 1	1	3
4:50	5:05	Girls 4x100m Heat 2	1	8
4:55	5:10	Boys 4x100m Heat 1	1	3
5:00	5:15	Boys 4x100m Heat 2	1	7
5:05	5:20	Girls 1600m Heat 1	1	11
5:13	5:28	Girls 1600m Heat 2	1	7
5:21	5:36	Boys 1600m Heat 1	1	11
5:29	5:44	Boys 1600m Heat 2	1	7
5:39	5:54	Boys 110m Hurdles Heat 1	1	8
5:44	5:59	Girls 100m Hurdles Heat 1	1	8
5:49	6:04	Girls 100m Hurdles Heat 2	1	8
5:56	6:11	Girls 400m Heat 1	1	8
6:00	6:15	Girls 400m Heat 2	1	8
6:04	6:19	Boys 400m Heat 1	1	7
6:08	6:23	Boys 400m Heat 2	1	8
6:12	6:27	Girls 100m Heat 1	1	8
6:16	6:31	Girls 100m Heat 2	1	8
6:20	6:35	Boys 100m Heat 1	1	8
6:24	6:39	Boys 100m Heat 2	1	8
6:28	6:43	Girls 800m Heat 1	1	10
6:33	6:48	Girls 800m Heat 2	1	7
6:38	6:53	Boys 800m heat 1	1	9
6:43	6:58	Boys 800m heat 2	1	8
6:49	7:04	Girls 300m Hurdles Heat 1	1	8
6:53	7:08	Girls 300m Hurdles Heat 2	1	8
6:58	7:13	Boys 300m Hurdles Heat 1	1	7
7:02	7:17	Boys 300m Hurdles Heat 2	1	8
7:07	7:22	Girls 200m Heat 1	1	8
7:11	7:26	Girls 200m Heat 2	1	8
7:15	7:30	Boys 200m Heat 1	1	8
7:19	7:34	Boys 200m Heat 2	1	8
7:23	7:38	Girls 3200m	1	15
7:39	7:54	Boys 3200m	1	20
7:54	8:09	Girls 4x400m heat 1	1	8
8:01	8:16	Boys 4x400m heat 1	1	4
8:08	8:23	Boys 4x400m heat 2	1	8

HEALDSBURG HS CAMPUS MAPS



HEALDSBURG HIGH SCHOOL

1024 Prince Street
Healdsburg, CA 95448
HEALDSBURG UNIFIED SCHOOL DISTRICT



Redwood Empire Area Track & Field Showcase COVID Protocols

COVID SAFETY PROTOCOLS: Due to pandemic related concerns and restrictions, only residents residing in Counties adjacent to Sonoma County as well as Humboldt County will be allowed to participate in the event. There will be no drinks (public water fountains will not be available) or food offered at this venue; every athlete needs to bring their own drink and food.

SURVEILLANCE TESTING/VACCINATIONS: Participating schools agree to only approve athletes to attend who have **1. Tested negative** for Covid-19 in a PCR test within 72 hours of the meet **OR 2. Be fully vaccinated by Saturday, May 29. Full vaccination is defined as being two weeks after final shot, vaccination.** Participating schools/coaches are expected to validate one of the above criteria with each athlete who attends. Any athlete who does not meet one of the above criteria will not be allowed entry into the meet.

SYMPTOM SCREENING: All coaches must temperature check and screen each athlete/coach prior to departing to come to the meet. Any students/coaches with a temperature higher than 99.9 or any symptoms must not enter the meet facility and will be scratched from their events.

FACIAL COVERINGS FOR ATHLETES: Must be worn at all times and social distancing must be adhered to by everyone in attendance even when within designated event staging areas. The only exception is when the student athlete is in competition. All competing student athletes must report to the Clerk of the Course in the bullpen with facial coverings on at their scheduled time of their race. The competitors must have on their facial coverings until the starter begins their starting commands. Once commands are started, they may remove their facial covering. The competitors must make every attempt to socially distance themselves from other competitors during the race. Once athletes have crossed the finish line or completed their final attempt in a field event, they must put their facial covering back on. The finish for all races on the track will be completely contactless.

RESTROOMS: Every athlete can only use the designated restrooms during the meet. Only three (3) student athletes are allowed in the restroom at one time, designated by gender. A line can form outside adhering to socially distancing guidelines. Plan for longer lines than normal at the restrooms because of social distancing protocols. Restrooms can be found between the gyms in the breezeway and just past the Science Building next to the vineyard.

ATHLETE DROP OFF AND PICK-UP: (see HHS map)

TRACK ENTRY: Only athletes competing or in the events immediately following those competing will be permitted to enter the track area. Athletes will be called to enter through the track and will be escorted off the track, immediately following their race. This will limit the number of athletes in the track area, where distancing can easily be accommodated.

TEAM STAGING: Teams will be assigned designated areas to set up their canopies/blankets/chairs etc. When not competing, all athletes are to stay with their teams in their designated, masked must be worn in these designated areas.

SESSIONS: The Field events session will occur in the morning and conclude in early afternoon. Running events will occur in the late afternoon evening. Unless competing in running events, athletes who competed in field events should vacate the campus prior to the beginning of the running session, limiting the number of athletes on campus.

TRANSPORTATION: Transportation to and from the event should either be individual athletes with their household only or school provided transportation, masked and maximizing ventilation, to maintain the integrity of their team's stable group.

CONTACT TRACING: If any athlete, coach or spectator contracts Covid-19 within 10 days after the event, they must immediately notify Chris Vanden Heuvel, Co-Meet Director at cvandenheuvel@husd.com and Diane Conger, HUSD Covid Coordinator at dconger@husd.com to begin contact tracing procedures. Participating schools will also be expected to conduct contact tracing within their teams and school communities while coordinating with HUSD and local health departments.

NO CONCESSIONS OR VENDORS WILL BE AVAILABLE ON SITE

SPECTATORS: There will be a limit on the number for spectators allowed in the venue. Thus, once a maximum is reached, no more tickets will be sold. It is expected that spectators will respectfully leave the facility once their athlete is done competing. All Spectators will need to complete the COVID questionnaire via the QR code available at the front gate, prior to entering the stadium. Expectation is that all participating athletes will be COVID temp checked and COVID symptom screened by their individual coaches prior to departing for the event. Mixing or gathering of athletes, teams, cheerleaders, and households prior to and post-competition is strongly discouraged. Spectators must be separated from other households by six feet. We will be following CDPH guidelines for outdoor venues, including designated seating/observation areas that will be marked and must not be removed or altered by spectators. Members of the same household may sit together, but must be distanced at least 6 feet from other spectators. **All spectators must be masked at all times.**

Mixing or gathering of athletes, teams, and households prior to and post-competition is strongly discouraged. Spectators must be separated from other households by six feet. We will be following CDPH guidelines for outdoor venues, including designated seating/observation areas that will be marked and must not be removed or altered by spectators. Members of the same household may sit together, but must be distanced at least 6 feet from other spectators. All spectators must be masked at all times.

As we are only permitted to have 33% capacity by CDPH standards (in the orange tier), only 150 spectators will be permitted for the field events and track sections.

AWARDS: Medals to top finishers in each event and special custom embroidered backpacks for each event champion. We will also have a special item available for every Senior (1 per athlete) participating.

LIVE RESULTS: LIVE RESULTS provided by Red Cap Timing: <https://redcapping.com/2021/redwoodempire/>

ENTRANCE TO THE TRACK: Only coaches, athletes and pre-identified volunteers helping with the meet will be admitted into the stadium free of charge. Upon entering, the head coach should check in at the coach's table and pick up their packet for their respective athletes.

WARM-UP AREA: Warm up area will be outside the stadium, in the adjacent baseball/softball fields there will also be a limited area on the in-field turf for warming up near the finish line staging area.

ATHLETE CHECK-IN: IMPORTANT: ALL EVENT COMPETITORS SHOULD CHECK-IN 30 MINUTES PRIOR TO THEIR EVENT SCHEDULED START TIME!!!

Field Events: Please check-in at the location of your field event

Running Events: Please check-in at the bullpen located in the center of the infield

ELECTRONIC DEVICE RESTRICTIONS: Electronic devices are NOT allowed in the field of competition. The field of competition includes the bullpen area, the track, each field event site and the infield. The use of electronic devices by athletes or coaches in these areas is grounds for disqualification.

FIELD EVENT MECHANICS

Competition in the high jump and pole vault will be conducted in 4-6 alive format. Competition will start at the heights listed below and competition will continue until final places are determined. Once a total of (8) competitors or less remain in the competition, then the competition will be conducted in (1) continuous flight of 8 competitors.

Pole Vault: The pole vault starting height will be 8'6" for the boys and 7' for the girls. The bar will be raised in 6" increments until it reaches 11' in the boys and 10' in the girls. After 11' in the boys and 10' in the girls, the bar will be raised in 3" increments. NOTE: All head coaches of pole vault athletes verify the pole vault athlete poles inspected and sign the athlete's weight verification form, when checking in on the field table or booth in order for their vaulter(s) to be eligible for competition.

High Jump: The high jump starting height will be 4'4" in the girls and 5'4" in the boys. The bar will be raised in 2" increments until it reaches 5' for the girls and 6' for the boys, then increments will be reduced to 1".

Long Jump, Triple Jump, Shot Put and Discus: Each of the contestants in the long jump, triple jump, shot put and discus will be allowed three (3) qualifying trials. The top nine (9) competitors will receive three (3) additional trials to determine the top finishers.

IMPLEMENT WEIGH-INS: Implements must be weighted-in 45 minutes prior to the start of flights for every athlete competing. All implements not meeting specifications will be impounded for the duration of the meet.

MEET MECHANICS

Athlete Warm-up/Bullpen Areas:

- **Running Event Warm-ups:** The baseball and softball grass areas adjacent to the track and other areas on campus are designated as warm-up areas. Athletes will not be allowed to use these as staging areas when they are designated as "warm-up" areas. The track & field infield cannot be used for warm-ups for any running events.
- **Running Event Staging Area:** There will be a designated infield "Bullpen" area and can only be used by athletes checking in to the Bullpen two heats prior to their scheduled running event. Athletes must utilize the other warm-up areas beyond two heats prior to their event.

- **Jumps Athletes:** (Long, Triple, High & Pole Vault) Areas – All athletes check-in 1 hour prior to their scheduled flight time start; athletes can only be in each designated jumps area once they are “runway” ready meaning that the only warming-up left to do is to use the runway. They may have their warm-up belongings with them. Each athlete will have a designated area socially distanced away from other competitors. All other warm-ups must be done in the designated warm-up areas. Every Pole Vault athlete will have to sign a form to verify compliance to athlete weight vs. competition pole(s) weight rating.
- **Throws (Discus & Shot Put):** Athletes can only be in the throws area once they are “ring” ready meaning that the only warming-up left to do is to use the ring. They may have their warm-up belongings with them. Each competing student athlete will have a designated area socially distanced away from other competitors. All other warm-ups must be done in the designated warm-up areas.
- **All athletes:** Must depart the facility once they have completed their race on the track or completed their final attempt for any field event. No post-race congratulations, celebrations or congregating will be allowed.

Running Events Details:

- Only one heat of an event will be allowed on the competition track at a time.
- Heats will be seeded slow to fast;
- For sprinting events (100m, 200m, 400m, 100/110mHH & 300H), the “on deck” heat will be positioned on the access track behind the 100m starting line. For distance events (800m, 1600m & 3200m), the “on deck” heat will be on the track & field infield nearest the finish line. They will have time to put on their spikes in this area if they do not have them on already. They will be escorted to their starting line once the track has been cleared from the previous heat.
- The “in-the-hole” heat will be in the bullpen with the Clerk of the Course. Athletes will be escorted to their respective “on deck” area **RACE READY** - they are in full race uniform with racing spikes (no longer than 1/4” pyramid or 1/4” needle spikes) with no additional clothing needed to remove before entering the stadium as they will not be allowed back to the on deck area nor the stadium following their race.
- At the conclusion of each race, the finishing competitors will exit the gate directly after the finish line and depart through the main entrance of the stadium (should be prepared to remove their spikes) and proceed back to the bullpen area. Once they have departed the track, the “on deck” heat will be escorted to their starting line, the “in-the-hole” heat escorted to the “on deck” area, and the Clerk of the Course will summon the next heat to be “in-the-hole.”
- All races will be conducted with enough time to allow one race to completely finish and clear the finish area before the next race lines up for the start.
- Warmup and cooldown runs are not allowed on the infield; all athletes are encouraged to go off the HHS campus using the adjacent areas/sidewalks.