

# *Boys 53rd and Girls 45th* GREENVILLE COUNTY TRACK & FIELD VARSITY CHAMPIONSHIPS

**Ed Boehmke Track & Field Facility  
John Carlisle Stadium  
Eastside High School**

## Tuesday and Wednesday April 26 and 27, 2022

**Divisions:** All entered Greenville County Schools will be divided into one division.

**Entry Limit:** Every school is allowed at least THREE athletes per event regardless of performance or grade. Each school may enter a 4th athlete per event provided that all 4 have met the qualifying standards below. Only one relay team may be entered. Athletes entered in the Varsity Meet cannot have competed in the JV Meets. (See JV Meet information sheet). **If you enter a 4th athlete, performances for this year submitted to SCRrunners will be checked!**

Event	Boy's Standard	Girl's Standard
100 Meters	11.63	13.36
200 Meters	23.39	27.54
400 Meters	54.26	65.67
800 Meters	2:06.57	2:31.07
1600 Meters	4:39.40	5:36.88
3200 Meters	10:26.76	12:45.35
100/110 Hurdles	19.06	19.43
400 Hurdles	63.32	77.76
Long Jump	19'00"	14'01.5"
Triple Jump	39'05"	30'10.5"
High Jump	5'04"	4'04"
Pole Vault	9'00"	7'00"
Shot Put	38'06"	27'03.5"
Discus Throw	109'05"	78'06"
Javelin	117'10"	65'05"

**These were updated for 2022.**

**If you enter a 4th athlete then ALL 4 athletes must have a meet result above standard and listed for this year on milesplit.com.**

**On-line Entry:** All entries must be submitted on-line at SCRrunners.com by the entry deadline of 9:00 am on MONDAY APRIL 26th. Please make sure that you have gone on this site and understand how to use it well before the entry deadline. You may enter no more than 3 athletes and 1 relay team per event into the Varsity Meet. You will have to enter RELAY NAMES for your Varsity Relay Teams. Make CERTAIN that any athlete does not exceed the FOUR EVENT RULE! The online entry will be locked at 9:00 am on Monday April 25th. PLEASE make sure you enter the correct division. If you have a 4th athlete who meets the standards you must email it to me before the deadline.

**Entry Fee:** An entry fee of \$7.00 per athlete up to \$80.00 per team will be charged up to a maximum of \$160 per school. Make checks payable to Eastside High and bring it to the Coaches Meeting on Monday or mail it to Eastside in care of Ed Boehmke. This entry must be paid before your team is allowed to participate. Remember this fee is an ENTRY FEE - if you enter you MUST pay. Please mail your check in care of Ed Boehmke Eastside High School 1300 Brushy Creek Road Taylors, SC 29687.

**Entry Deadline:** 9:00 am on MONDAY APRIL 25.

**Coaches Dinner:** We will have a coaches dinner on Monday April 25 at a place (a restaurant) and time that I will send out later. This dinner is for us to get together and socialize. I will be able to answer all of your questions about your entries and have computers available for you to make changes for the Varsity Meet (last chance). **After the coaches meeting is over, no changes may be made in your entries for any reason. If you do not have a representative at the meeting, then entries that were entered online will be your official entries.**

**Meet Packet:** You will get your packet of numbers, roster, entries, etc. at the Coaches Meeting on Monday. In it you will find:

- 1) A team roster** showing each athlete's assigned number. (distance runners only wear numbers)
- 2) Your entries by event.** Check this closely. You will have one chance to correct these. No athlete that is entered in the JV Meet may be on this roster, and no athlete in this meet may compete in the JV Meet.
- 3) Coaches Meal Tickets** – two per coach up to four coaches per school, provided I receive their names before the meet on a separate email that I will send out. If you receive an extra supplement from the district, you must notify me before the packets are put together. Please do not lose these.
- 4) Field Event Assignments** – Please check this and help us make the meet go as smoothly as possible by working your assigned event.
- 5) 400 Relay Zone Assignments** – Please get a flag from the starting line and distribute yourselves at the 3 zones for this relay.

## At The Championships

- 1) Bus Parking** – Front of school
- 2) Stadium Entry** – Athletes and coaches enter through the gate at the baseball field and walk to the back of the stadium.
- 3) Team Camps** - Teams may set up camp in the visitor stands, anywhere along the top of the hill surrounding the stadium, or in the grassy area outside the fence near the start of the 100. You may NOT set up camps at the bottom of the hill near the finish line, on the infield of the track, baseball or softball fields, or on any paved walking areas.

**Awards:** Awards will be given to the top eight places of each event and to members of each relay team. A Most Valuable Field and a Most Valuable Track athlete will be selected and awarded a plaque. Team awards for the top 4 teams will be given. Scoring for the Varsity Meet is 10-8-6-5-4-3-2-1.

**MVP selection** – An MVP will be selected for the boys and girls from the seven field events and the eleven running events. Coaches may make suggestions for these awards by writing the athletes name and performances on a sheet of paper and given to Ed Boehmke before the last event. A selection committee will look at these and the overall results and make a decision for these awards. Your accuracy on who runs in relays may be important to the decisions.

**Numbers:** Will only be given to distance runners.

**Time Schedule:** Will be posted on SCRrunners when it becomes available.

**Field Event Minimums** – In the horizontal jumps and throws, each athlete will be given 3 attempts. The first attempt for everyone will be marked. Subsequent attempts will not be marked unless it equals or exceeds the minimum requirements listed below. The top 8 performers in the preliminaries will be given 3 more attempts. All 6 performances will count towards the results. The starting heights for the vertical jumps are also listed.

Event	BOYS FIELD EVENT Minimums for Marks	GIRLS FIELD EVENT Minimums for Marks
High Jump	5'4"	4'4"
Pole Vault	8'6"	7'0"
Long Jump	18'0"	14'0"
Triple Jump	36'0"	29'0"
Shot Put	35'0"	25'0"
Discus	90'0"	65'0"
Javelin	90'0"	65'0"