

**Check-in:** have your athletes check in with the Clerk of Course (big gray tent pop-up tent) at the north end of the field 2 events prior to their running event to receive lane assignments and hip numbers. This is the **ONLY** point of entry to the track.

Athletes will **NOT** check in at the finish line. Athletes are then allowed into the track area and wait for their heat. We are attempting to have as few people as possible in the track area. Games, frisbee, etc... will not be allowed on the infield. This is the warm up area, not for hanging out.

**COACHES ON THE INFIELD WILL BE EXPECTED TO ASSIST IN HELPING THE MIDDLE SCHOOL ATHLETES GET TO THE STARTING LINE.**

**Changes:** **NO changes will be made once heat sheets are made. Substitutions are not allowed.** We have 1600+ entries, we simply do not have the time to redo sheets, heats, changing names, etc.

**Hospitality:** from 5-6:30 we have Subway sandwiches and drinks.

**Awards:** We will award medals for 2nd-3rd as well as a custom shirt for each event winner. Medals and Shirts will be awarded at the North end outside of the track.

**Field Events:** all horizontal jumps and throws will have 4 attempts. We will weigh and mark all implements 30 mins before the event begins.

**Payment:** Please pay your team entry at packet pickup at the main entrance of the track.

**Restrooms:** located on the North end of the track behind the NEW concession stand.

