

2022 6A North State & 1A South State Track & Field Championships

To: *6A North State & 1A South State* Track and Field Coaches
From: Johnathan Perkins - Meet Director

Subject: 2022 6A North State & 1A South State Track & Field Championships

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

Dates & Times: Saturday, April 23, 2022
Coaches Meeting 10:00a
Field Events 11:00a
4x800m Relay Finals 11:00a

Entries: The top 4 advancers from Regions 3-1A, 4-1A, 1-6A, and 2-6A in each event.

Entry Fee: \$10.00 per athlete (Make checks payable to Clinton Athletics)
Please bring entry fee and roster to the meet, and pay at Coaches meeting!

Admission: \$10.00 on GoFan or cash at gate

Jury of Appeals: 1A – Mount Olive, Leake County, McAdams, French Camp
6A – Madison Central, Oxford, South Panola, Southaven

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 – 5 – 4 – 3 – 2 – 1

Relay Scoring

10 – 8 – 6 – 5 – 4 – 3 – 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 General Admission section in the **home-side stands** will be open to all teams, only spectators may use red seated section and section near the finish line. The **visitor-side stands** and designated team camp areas will be denoted on a map.
- Spectators are not allowed 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	Break Line
Blue	800, 1600 Relay, 3200 Relay
- Exchange Zones (color-coded):



	1 ST Exchange	2 nd Exchange	3 rd 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

11:00 AM	6A Boys Long Jump (Pit 2)	SOUTH PANOLA
	1A Girls Long Jump (Pit 1)	CLINTON
	1A Girls Discus	CLINTON
	6A Boys Shot	TUPELO
	6A Boys Pole Vault	CLINTON
	6A Girls High Jump	CLINTON
11:30 AM	1A Boys Long Jump (Pit 2)	SOUTH PANOLA
	6A Girls Long Jump (Pit 1)	CLINTON
	6A Girls Discus	CLINTON
	1A Boys Shot	TUPELO
	1A Girls Pole Vault	CLINTON
	6A Boys High Jump	CLINTON
12:00 PM	6A Boys Triple Jump (Pit 2)	SOUTH PANOLA
	1A Girls Triple Jump (Pit 1)	CLINTON
	6A Boys Discus	CLINTON
	1A Girls Shot	OXFORD
	6A Girls Pole Vault	CLINTON
	1A Boys High Jump	CLINTON
12:30 PM	1A Boys Triple Jump (Pit 2)	SOUTH PANOLA
	6A Girls Triple Jump (Pit 1)	CLINTON
	1A Boys Discus	CLINTON
	6A Girls Shot	OXFORD
	1A Girls High Jump	CLINTON

Running Events

11:00 AM	1A Girls 4x800m Relay Finals
11:15 AM	6A Girls 4x800m Relay Finals
11:30 AM	1A Boys 4x800m Relay Finals
11:45 AM	6A Boys 4x800m Relay Finals
12:00 PM	1A Girls 3200m Run Finals
12:30 PM	1A Boys 3200m Run Finals

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

1:15 PM	100m High Hurdles (33")	3:15 PM	400m Dash
1:30 PM	110m High Hurdles (39")	3:30 PM	300m Low Hurdles (30")
1:45 PM	100m Dash	3:40 PM	300m Low Hurdles (36")
2:00 PM	4x200m Relay CLINTON	3:50 PM	800m Run
2:20 PM	1600m Run	4:10 PM	200m Dash
3:00 PM	4x100m Relay	4:25 PM	6A Girls 3200m Run
(SIMMONS/LEAKE CO /MURRAH/CLINTON)		4:40 PM	6A Boys 3200m Run
		4:55 PM	4x400m Relay CLINTON



Relay Entry Confirmation Sheet

School _____ Boys _____ Girls _____

Conference _____ Division _____ Region _____ 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



Relay Entry Confirmation Sheet

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

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Signature of the Head Coach



Two gas stations, Arrows

THE ACCESS ROAD IS OFF-LIMITS



Spectator
Entrance

CONCESSIONS

Team
Restrooms

Girls
LJ/TJ

CLINTON
Warm-Up
Area

NO
ENTRY

Team
Camps

Spectators

Boys
LJ/TJ

Check In

Team
Camps

Spectators

Prohibited
Area

Team
Camps

Implement
Weigh-In
SP

Team
Drop off/
Pickup

Team
Entrance

Team Camps

Arrow Dr

Arrow Dr

Google

Bus
Parking

©2021 Google

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.	
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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

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.

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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:
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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!