



**Region 7-AAA Track and Field Championships 2022**  
**@ Cherokee Bluff High School**  
**Hosted by Cherokee Bluff High School**  
**Thursday, April 21 & Friday, April 22, 2022**

**Entries & Qualifying:**

- 3 individuals open event/gender
- 1 relay per event/gender
- All marks and times should be from the 2022 season--if your athlete/team has not contested the event, he/she/they will be seeded by NT/NM No historical marks will be accepted.  
**Registration ends on Wednesday, April 20, 2022 at Noon. This is also when the GHSA MIS is due. All entries will be entered into GA MileSplit. Also, you are required to post entries on the GHSA MIS website. Your ADs have that login information.**
- 1 for 1 changes will be allowed prior to starting the meet--no re-seeding/re-flighting will occur after the coaches meeting. Once we leave the coaches meeting no changes will be made.
- Field Events/Running Events: The top 4 will qualify to the Sectional B Meet @ Greater Atlanta Christian on Saturday, May 7<sup>th</sup>.

**Field Events:**

- Weigh ins will be in front of the track shed for all implements from 8:30-8:50 AM. All throwing implements must be weighed and marked. Competitors may only use marked implements.
- *Shot Put, Discus, Long Jump, and Triple Jump*--Each school may enter three contestants per event. Each competitor will be allowed three preliminary trials. The top **9** will advance to the finals. In the finals, each qualifier is allowed three additional trials: the best effort can score from the **six** attempts. The **top 4** will qualify to go to the Sectional Meet.
- High Jump--Girls starting height: 4-0; Boys starting height: 5-0; Bar will raise in 2" increments
- Pole Vault--Girls starting height: 6-0; Boys starting height: 8-0 Bar will raise in 6" increments

**Track Events:**

- Each school may enter three contestants per event. *Races with 3 prelims heats*- Top 2 places and next fastest 2 times overall; *Race with 2 prelim heats*- Top 2 places and next fastest 4 times overall. The **top 4** in each event will advance to the Sectional Meet.



- The track will be closed 15 minutes prior to the start of racing. This is to make sure that athletes check in on time and we have time to correct any issues we may have. They may continue warm-ups, just not on the track.

### **Event Information:**

- PV verification forms due at coaches meeting. Please bring a copy of your GHSA MIS Entries Report to the Coaches Meeting.
- Athletes report to the staging area (start of event) for their particular event (see facility map).
- For relays, please do not use chalk!
- Scoring: will be as follows- the top **8** places will score according to GHSA bylaws; **10-8-6-5-4-3-2-1** for individuals and relays.
- There will be a clock near the check in table that will be used as our “track time”.

### **Rules:**

A contestant in Track and Field may compete in a **maximum of four (4) events** and may not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed Order of Events.

A contestant may officially compete in:

1. Four individual events - NO Relay events.
2. Three individual events - May be listed on any number of relay events but **compete** in only one relay event.
3. Two individual events - May be listed on any number of relay events but **compete** in only two relay events.
4. One individual event - May be listed on all three relay events and **compete** in only three relay events.
5. NO individual events - May be listed on any number of relay events and **compete** in all four relay events.

Relay teams entered in the Region/Area Meet may list a maximum of eight (8) runners. (a) The relay names remain the SAME throughout the State Meet Series (Region/Area/Sectional/State Meets) and are the ONLY eligible participants for qualifying relay teams throughout the State Meet Series. (b) NO replacements may be made in the Relay list of runners advancing from the Region/Area Meet to the Sectional Meet to the State Meet.

### **Awards:**

- Team Trophies: Top 2 Girls Teams & Top 2 Boys Teams;
- Individuals: 1st, 2nd & 3rd place will receive individual medals, 4<sup>th</sup> place will receive a ribbon.
- Awards will be given on the podium in the in-field after the conclusion of each event. Medals will not be mailed.
- Coaches, tell your athletes to report to the podium after the conclusion of their event if in the top 4.



**Facility:** 8 lane track, new surface. ¼ inch pyramid spikes or shorter are to be used on the track.

**Meet Admission:** Admission cost is \$5. Coaches must have their GHSA Coaches pass to enter stadium.

**Team Parking /Drop Off:** You may offload on the west side of the school. Teams must enter through the gate next to the One Bear Nation sponsor board. There is NO PARKING next to the discus area (see stadium map).

**Tents:** Tents are to be set up in the visitor stands. No tents on the home side.

**Athlete Check In:** The clerk will be set up in the middle of field. There will be a “First Call”, “Second Call”, and “Third and Final Call” before each running event.

**Meet Results:** We will post results on the home side near the concession stand, following each event. Results will be online at the conclusion on [ga.milesplit.com](http://ga.milesplit.com) courtesy of Runners Fit Race Works.

**Infield/Competition Area:** Please keep your athletes in designated areas, stands, or warm-up areas. Keep them off the infield unless they are warming up, reporting to the clerk, or to an event to compete. The infield and competition area will be closed to all athletes not running with the exception being the athletes warming up, reporting to the clerk, or to an event to compete. No spectators are allowed in the competition area. No electronic devices allowed in the check-in or competitive area. This will be strictly enforced!

**Rules:** All GHSA and NFHS rules will be enforced. We will have a games committee to resolve any disputes.

**Hospitality:** Breakfast and lunch will be served in the hospitality room inside the school. Athletes are not allowed in the building. This is also where the coach’s meeting will take place.

**Contact:** Region 7-AAA Meet Director: [matthew.brick@hallco.org](mailto:matthew.brick@hallco.org) (Cherokee Bluff High School)



## Region 7-AAA Track and Field Championships Meet Assignments

**Girls Long Jump (south runway) & Girls Triple Jump (south runway):** East Forsyth + North Hall

**Boys Triple Jump (north runway) & Boys Long Jump (north runway):** West Hall + Lumpkin County

**Discus:** White County + West Hall

**Shot:** Dawson County + Lumpkin County

**High Jump:** East Forsyth + Gilmer

**Pole Vault:** North Hall + White County

**4x100 Relay Exchange Judges:** (2 judges from each team per zone-front /back of each zone)

- 1— Gilmer + West Hall
- 2— North Hall + White County
- 3— East Forsyth + Dawson County

**4x200 Relay Exchange Judges:** (2 judges from each team per zone-front /back of each zone)

- 1 & 3— Lumpkin County + Gilmer
- 2— West Hall + North Hall

**Inside Curve Lines for Distance:**

- 1— White County + Dawson County
- 2— North Hall + Lumpkin County
- 3— East Forsyth + Gilmer
- 4— West Hall + Cherokee Bluff

**4x800 Relay & 800 Meter Run Break Line Judge:** Lumpkin County

**4x400 Relay Break Line Judge:** Gilmer

**Weigh-In Station:** Cherokee Bluff

**Hurdle Judges:** (I will provide workers to set up the hurdles, you will just need to be sure they are placed correctly and watch for race infractions):

- |                    |                      |
|--------------------|----------------------|
| <u>100/110 H:</u>  | <u>300 H:</u>        |
| - 1-3—North Hall   | - 1-3—West Hall      |
| - 4-7—White County | - 4-6—Dawson County  |
| - 8-10—Gilmer      | - 7-8—Lumpkin County |

**Games Committee:** Head coaches of the gender involved with the removal of infraction team

**Meet Referees:** Matthew Brick (Cherokee Bluff) + Jake Cantrell (White County)

**Starter:** Ryan Kyranakis (Runners Fit)-Not affiliated with any school from the region

**Back Up Starter:** Like to have a volunteer from another school if at all possible

**Check-In Tent:** Cherokee Bluff

**Timer:** Runners Fit Race Works

**Clerk, Clerk Escort, Announcer:** Cherokee Bluff



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**Day 1 Schedule: Thursday, April 21, 2022:**

**8:45 AM-** Coaches Meeting in Hospitality Room

- **9:00 AM-** *Session I:* Field Event Finals Begin

**9:00-10:30 AM--Session I:**

Boys High Jump  
Girls Long Jump (South Pit)  
Girls Shot Put  
Boys Triple Jump (North Pit)  
Boys Discus  
Girls Pole Vault

- **10:00 AM-** 4x800 Meter Relay Finals
- **10:30 AM-** *Session II:* Field Event Finals Begin

**10:30 AM-12:00 PM--Session II:**

Girls High Jump  
Boys Long Jump (North Pit)  
Boys Shot Put  
Girls Triple Jump (South Pit)  
Girls Discus  
Boys Pole Vault

**12:00-12:45 PM-** Field events & 4x800 awarded on the podium; Track will be open.

**12:45 PM-** Track closed

**TIMED SCHEDULE (girls followed by boys)**

- **1:00 PM-** 100/110 Hurdles Prelims
- **1:30 PM-** 100 Meter Prelims
- **2:00 PM-** 4x200 Meter Relay Finals
- **2:30 PM-** 1600 Meter Finals
- **3:00 PM-** 400 Meter Prelims
- **3:30 PM-** 300 Hurdles Prelims
- **4:00 PM-** 800 Meter Prelims
- **4:30 PM-** 200 Meter Prelims



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**Day 2 Schedule: Friday, April 22, 2022:**

**9:00-9:45 AM-** Track will be open.

**9:45 AM-** Track closed

**TIMED SCHEDULE (girls followed by boys)**

- **10:00 AM-** 4x100 Meter Relay Finals
- **10:45 AM-** 100/110 Hurdles Finals
- **11:30 AM-** 100 Meter Finals
- **12:15 PM-** 400 Meter Finals
- **1:00 PM-** 300 Hurdles Finals
- **1:45 PM-** 800 Meter Finals
- **2:30 PM-** 200 Meter Finals
- **3:15 PM-** 3200 Meter Finals
- **4:00 PM-** 4x400 Meter Relay Finals
- **4:30 PM-** Team Awards