

Region 7-3A Track & Field Championships Wednesday, May 4, 2022

Hello,

We look forward to hosting your teams at the region track & field meet. This meet is also a qualifier for the Lower State Qualifying Meet. The top 4 in each event will qualify for the lower state meet. Coaches please help us run an efficient meet and provide at least 2 field people to assist us. Athletes must have participated in at least 2 meets this season to be eligible for the region meet.

Please go over this information with your athletes before the meet starts and please go over the attached rules and regulations yourself & with your athletes, especially the ones concerning uniforms. There will be an attached sheet that needs to be signed by your girls & boys coach and turned in to Coach Scott before the region meet starts. This sheet has to be submitted to the High School League.

Heat Sheets: Will be available online at scrunchers.com. Each school is responsible for printing off their heat sheets.

Timing: Timing Inc. will time and record the events. Each school is asked to send \$125 to Georgetown High School, 2500 Anthwaun Maybank Dr., Georgetown, SC 29440 to help pay the cost. Please make sure that Timing Inc is written in the memo.

Entries: You are allowed to enter 4 per event in all events & only relay team per relay event. Entries close on April 29th at 11:59pm. Athletes can do no more than 4 events. Examples of this rule is below **(4 individual events & no relays) (2 individual events & 3 relays however, after the athlete participates in 2 relays they cannot participate in the 3rd relay)**. You can list up to 6 athletes per relay including alternates. No addition or substitutions will be allowed at the meet. We will not do any substitutions on the day of the meet only scratches. (This saves a lot of headaches for you). We will be weighing in all throwing implements.

Relay Cards: You must turn in relay cards for each of your relays that have your athletes listed with legible handwriting.

Scoring: 8-6-4-2-1 Relays: 8-6-4-2

2:00 Quick Coaches meeting, turn in SCHSL sheets

2:15 National Anthem/Moment of Silence

2:30 Field Events (4 attempts need to be competed in the period). High jump & Pole Vault will start at lowest height submitted & go up 2 inches per attempt

2:30-3:15 Girls long jump/ Boys triple jump/ Girls High jump/ Girls discus/ Boys shot put/ Boys pole vault

3:45-4:30 Boys long jump/ Girls triple jump/ Boys high jump/ Boys discus /Girls shot put/
Girls pole vault

4:30-5:30 Girls Javelin/Boys Javelin

4:30 Running Events (girls first then boys) on a rolling schedule, the next event follows the last immediately. Hip numbers should be pick up for all running events under the **SHED** by the **Concession Building**. Coaches make sure your athletes know their heat, sections, flights, and lane assignments, as we will be paperless the day of the meet with the exception of relay cards. Athletes are not checking in at the scoring tent. In addition, no coach or athlete should be under the scoring tent. Hip numbers go on the left hip and the anchor leg of relay teams are the only ones that need a number.

We will be using a 3-turn stagger for the 4x400m.

4x100 relay
4x800 relay
100/110 hurdles (sections)
100 (sections)
1600
400 (sections)
400 hurdles (sections)
800
200 (sections)
3200
4x400 relay (3 turn stagger)

General Information:

Rules and Regulations:

1. Remind your athletes that we will follow all high school league rules and guidelines. We will do our best to do preventive officiating:
 - a. Jewelry and hair. Athletes may wear jewelry but may not have any hair accessories that have hard parts. These includes beads.
 - b. All athletes are also subject to disqualification if they have their shorts rolled.
 - c. Athletes must be in a school issued track uniform. T-shirts and football apparel are not considered track uniforms.
2. **Please advise your team that no one is allowed in the school buildings. All RESTROOMS and CONCESSIONS located at the football stadium.**
3. **No food, gum or drinks are allowed on the track field. (Exception is water)**
4. Please do not permit athletes to jump the fence.
5. All **CLERKING** will be done at the **Clerking Shed** near the **Concession Building**. Please make sure your athletes clerk in when their event is first

called. If an athlete misses clerking in, they will be scratched from the event. All field events will clerk in at their locations. You may not add athletes to this meet or make any substitutions.

6. Athletes competing in multiple events that are occurring at the same time must report back to each event every **10 minutes** to avoid a scratch. We will not hold up an event to wait for one athlete.
7. **In shot put, discus, triple jump and long jump** each athlete will get 3 preliminary attempts and the top six will move onto the finals and get three final attempts. The top 4 will move on to **Lower State Meet**.
8. Only athletes that are participating in events at the time allowed will be on the infield. All other athletes and fans must remain outside of the fence.
9. Each team will need to have at least 2 representatives to help with the field events. The jury of appeals will consist of the one coach from each school.
10. We will start the field events at 2:30 and running events at 4:30. Our goal is to have all field events completed before running events begin.
11. All warmup must be done outside of the track behind home team stadium side.
12. Results will be posted at scrunchers.com

Thanks to everyone for helping to make the Region Championship a successful track meet. We at GHS wish everyone good luck!

Robert Scott & Al Baron

Georgetown Middle & High School

Track Coaches

Coach Scott: 843-546-8516 ext. 2218 (work) or (843)933-0249 (cell)

Coach Barron: 843-527-4495 (work) or (843)318-1016 (cell)