

# 2023 WOODY BARNETT TRACK & FIELD INVITATIONAL

## COACHES INFORMATION SHEET

- Each school may enter three (3) contestants in each individual event and one (1) team in each relay. **Athletes may participate in a maximum of four (4) events including relays!!!**
- **Entry Fee:** \$300.00 per School (**Bring to Meet, DO NOT MAIL!**)  
Make Check Payable to **Pearl High School**
- **Scoring:** 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1
- All running events will be finals with sections against time as needed.
- Competitors will be given three (3) throws or jumps with the top nine (9) receiving three (3) additional throws or jumps in the following events: Shot, Discus, Long Jump & Triple Jump
- In the shot and discus, the first legal throw by all competitors will be measured. The following will be a minimum distances required for all other throws to be measured!

Boys Shot	35'
Boys Discus	90'

Girls Shot	25'
Girls Discus	60'

- Athletes must compete in a school issued uniform!!!
- Schools should secure all valuables during the meet. Items with any value should not be left on team buses.
- The only entrance onto the track and infield area will be through the clerk of the course tent!
- Athletes are to warm-up outside the infield fences, **NO WARM UP WILL BE ALLOWED ON THE INFIELD!** 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. **Athletes should report to the Clerk of the Course ready to compete. Athletes are not to leave warm-ups, flats, bags, etc. at the Clerk tent!**
- **All** field events are contested inside the fenced area of the Pirate Track & Field Facility.  
**NO ONE WILL BE ALLOWED INSIDE THE INFIELD FENCED AREA EXCEPT ATHLETES PARTICIPATING IN AN EVENT AND COACHES. AFTER THE CONCLUSION OF THE FIELD EVENTS THE INFIELD WILL BE CLEARED! MEET MANAGEMENT WILL DESIGNATE A COACHES AREA LOCATED NEAR THE FINISH LINE ON THE OUTSIDE OF THE TRACK.**

- **Spikes:** Meet personnel will be set up outside the clerk of the course tent to check spikes. Athletes will not be allowed to enter the clerk of the course tent to access the track and infield area without having the correct spikes in their shoes. Approved spikes will be available for purchase. Any athletes competing with the wrong spikes will be disqualified!!! **Only 1/8" or 3/16" pyramid or hex-head spikes are allowed (NO CHRISTMAS TREE or PIN SPIKES)!**



- **MARKERS FOR STEPS AND RELAY EXCHANGES WILL BE FURNISHED!**
- Starting Blocks will be provided! Schools will **NOT** be allowed to use their own blocks!
- **Implement Weigh In:** All throwing implements must be weighted in and approved. The weighin area will be located under the Clerk of the Course Tent located in the Northwest corner of the track facility! Only marked implements that meet the required specifications will be allowed in competition! Implements that do not meet specifications will be impounded during the meet. Impounded implements may be picked up after the conclusion of the field events.
- **The stands are for coaches and spectators only. Teams should bring a tarp and some type of shelter!!! Stands are handicap accessible!**
- **Meet Awards:** Winning Teams will receive a Trophy, with Individual Medals being presented to the first 3 places in each event. T-shirts will be given to the Winner of each event.
- Starting / Break Lines (color-coded): Blue: 110 Hurdles, 4 x 400; Green: 4 x 200, Break Line; White: 100, 200, 800, 1600, 3200, 100 Hurdles, 300 Hurdles, 4 x 800; Yellow: 400, 4 x 100 Relay; Black: Reverse 200
- Exchange Zones (color-coded) :  
 30 Meters - 4 x 100 & 4 x 200 m  
 Relays 20 Meters - 4 x 400 & 4 x 800  
 m Relays

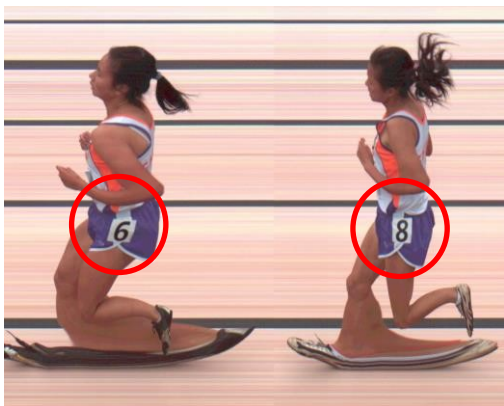
**NO INTERNATIONAL(ACCERATION) ZONES!!!**



<u>Relay</u>	<u>4 x 100 m Relay</u>	<u>4 x 200 m Relay</u>	<u>4 x 400 m Relay</u>	<u>4 x 800</u>
<u>m</u>				
1st Exchange	Yellow/Yellow	Green/Green	Blue/Blue	Blue/Blue
2nd Exchange	Yellow/Yellow	Green/Green	Blue/Blue	Blue/Blue
3rd Exchange	Yellow/Yellow	Yellow/Yellow	Blue/Blue	Blue/Blue

- A FinishLynx Timing System will be used to time the meet. Hip numbers will be used for all races. These numbers **MUST** be placed on the **LEFT HIP**, **NOT** the thigh and also must be visible (not covered by a jersey)! Also, numbers will be issued to be placed on the **LEFT SHOULDER** In all distance races 800 & over and to each anchor leg of the 4 x 400m & 4 x 800m Relays.

**Coaches PLEASE inform your athletes as to the correct position!!!**



Correct



Incorrect



Correct

**2023 Woody Barnett  
Track & Field Invitational  
Friday, April 7  
SCHEDULE OF EVENTS**

**11:15** Coaches Meeting

**FIELD EVENTS**

<b><u>12:00</u></b>	Long Jump	-	Boys followed by Girls
	Triple Jump	-	Girls followed by Boys
	High Jump	-	Girls followed by Boys
	Discus	-	Boys followed by Girls
	Shot	-	Girls followed by Boys
<b><u>12:30</u></b>	Pole Vault	-	Girls followed by Boys

**RUNNING EVENTS**

<b><u>12:15</u></b>	Girls 4 x 800 Meter Relay*	Girls 3200 Meter Run*
	Boys 4 x 800 Meter Relay*	Boys 3200 Meter Run*

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<b><u>2:45</u></b>	Girls 100 Meter HH*	Girls 400 Meter Dash*
	Boys 110 Meter HH*	Boys 400 Meter Dash*

Girls 100 Meter Dash\*  
Boys 100 Meter Dash\*

Girls 4 x 200 Meter Relay\*  
Boys 4 x 200 Meter Relay\*

Girls 1600 Meter Run\*  
Boys 1600 Meter Run\*

Girls 4 x 100 Meter Relay\*  
Boys 4 x 100 Meter Relay\*

Kaelin Kersh 800 Meter Run  
George Kersh 800 Meter Run

Boys 300 Meter IH\*  
Girls 300 Meter LH\*

Girls 800 Meter Run\*  
Boys 800 Meter Run\*

Girls 200 Meter Dash\*  
Boys 200 Meter Dash\*

Boys 3200 Meter Run \*\*

Girls 4 x 400 Meter Relay\*  
Boys 4 x 400 Meter Relay\*

\*Sections against time as needed

\*\*Fast Heat