

KVAC CHAMPIONSHIP MEETS @ Cony High School

GENERAL INFORMATION

Small School Friday May 27 and Medium School Saturday May 28

ENTRIES: Electric entries are due on Monday, May 23rd by 7:00pm via MileSplit, remember that MileSplit will close at this time. If your entries are not in by 7:00pm on the 23rd please direct questions to (mark.r.dennett@gmail.com). **Late entries will be assessed a \$100 fee.**

POLE VAULT FORM: Due the day of the meet, turned in to the Head Official. No Form, No Vault

SEEDING: Seeding for both meets will be through Hy-Tek Meet Manager. The team entries list will be sent to coaches as a way for you to look at what you entered and if it's correct.

Fields will be set in the following manner:

1. Top 16 athletes in each laned event will qualify (100, 200, 400, 100/110 Hurdles, 300 Hurdles) – two heats of each
2. Top 12 athletes in every other event (800, 1600, 3200, Racewalk), double pole for distance events. (High, Long, Triple, Pole, Shot, Disc, and Javelin) – two flights in Long, Triple, Shot, Disc, and Javelin – 5 alive for High Jump and Pole Vault.
3. Coaches, enter the athletes you think will have a chance to be entered. As mentioned above only those who make the Rank Order top 12/16 will compete. If not listed you cannot add after entries are sent and verified.

Relay entries: Each team is allowed ONE relay team per event and this team will be seeded. A reminder list alternates for your relay teams. If you have to replace a relay member, they must be listed on the relay form.

PERFORMANCE LIST: Meet Performance List will be posted on MileSplit for review on Tuesday May 24th. Only mistakes made by the meet director will be corrected. No entry will be added. Be sure you have included everyone in the top 12/16 in your entries, check and double check. It is your responsibility to be sure all qualified are listed in your entries.

FINAL SEEDS: Final Seeds will be posted on MileSplit by Thursday May 26th.

SCRATCH RULE: Scratches of a competitor after Performance List is sent, are a scratch from the meet. No one will be added.

MEET TIME: Friday (27th) 3:00 PM start ----- Saturday (28th) 10:00 AM start

COACHES MEETING: Friday – 2:30 PM behind the timing tent
Saturday – 9:30 AM behind the timing tent
Coaches and Captains will meet with the Meet Referee.

IMPLEMENT WEIGH-IN: Will begin at 2:00 on Friday and 9:00 on Saturday in back of the old concession stand behind the bleachers.

SPIKE LENGTH: 1/8" Pyramids (NO NEEDLES)

TIME SCHEDULE: A time schedule will be used for each meet with events not starting prior to the set time. Time schedule and order of events is attached in a separate document.

EVENT CHECK-IN: Field events at event site. Running events at the start line. Athletes should know what heat and lane or position they are at the start line from the Meet Program each coach will have, sent via email.

The only call given for events is **10 minutes prior to the scheduled start**. Again, please be sure you and your athletes are aware of this. Athletes **MUST CHECK IN AT THIS TIME – no one else can do this for them.**

CHECK OUT: Athletes that need to check out of a field event to compete in another event will be given **15 minutes** to return.

RELAY CARDS: Turned into the check-in clerk, at least 2 events prior to the start of the relay. 3:15 Friday and 10:15 Saturday for the 4 x 800 relay. Names must be on the card in order of running (renumber).

HIP NUMBERS: Distributed at the start line, worn on the LEFT HIP (and left chest for racewalk) with shirts tucked in. Relay Runners: Only the 4th runner wears a hip number.

4 x 100 RELAY: The exchange zones at Cony are painted for the old style. So the 30 meter zone begins with the small triangles. Athletes must start inside of these triangles.

4 x 400 RELAY: We will be using a 3 turn stagger.

DOUBLE POLE: For any event that has 12 – top 6 will on the outside pole and 7-12 on the inside pole.

STARTING HEIGHTS: High Jump will start 2” below the lowest qualifier. First 2 heights will go up by 3” (ie 3-10, 4-1, 4-4) then the bar will go up by 2”. **Pole Vault** will start 6” below the lowest qualifier. First 2 heights will go up by 9” (ie 6-6, 7-3, 8-0) then the bar will go up by 6”.

COACHES: Must stay off the infield. There will be designated coaching areas for the field events. Remember, athletes come to the coaches.

ELECTRONIC DEVICES: No electronic devices will be allowed within the confines of the field. Music boxes, frisbees, footballs, etc. are also not allowed within the confines of the field.

VIDEO RULE: NFHS Rule 3-2-8- Electronic devices may be used in unrestricted areas and coaching boxes, provided the location does not interfere with progress of the meet as determined by the meet referee.

- a. Electronic devices shall not be used to transmit information to the competitor during the race or trial.
- b. Electronic devices shall not be used for any review of an official’s decision.
- c. State associations may also have policies in place to further address the use of electronic devices.

AWARDS: Ribbons will be awarded to the 7 place winners at the conclusion of each event. All seven competitors, who must be in uniform, will be called to the infield to receive their awards. Any duplication of ribbons will be sent later.

TEAM AWARDS: As a reminder, it would be appreciated if teams would stay for the presentation of the team champion awards, Don Berry Track, and Don Matheson Field awards. Coach of the Year awards will be voted on via ballot during the meet.

ATHLETIC TRAINERS: Will be on site 30 minutes before the meet begins. Please bring your own tape/supplies.

ADMISSION: \$5 Adults, \$3 Students and Senior Citizens

CONCESSIONS: There will be a full concession stand provided.

KVAC MEETS

Friday May 27 – 3:00 PM Start @ Cony High School

Small School: Belfast, Leavitt, Lincoln Academy, Maranacook, Maine Central Institute, Mt. View, Oceanside, Waterville, Winslow

Saturday May 28 – 10:00 AM Start @ Cony High School

Medium School: Camden Hills, Cony, Erskine Academy, Gardiner, Lawrence, Medomak Valley, Morse, Nokomis

Saturday May 28 – 10:00 AM Start @ Messalonskee High School

Large School: Brunswick, Edward Little, Lewiston, Messalonskee, Mt. Ararat, Mt. Blue, Oxford Hills, Skowhegan