



AT THE MARTHA LAYNE COLLINS H. S. TRACK & FIELD

SAT., APRIL 1, 2023

MEET INFORMATION

General Athlete / Coach Information:

- Team check-in will be at the clerking area at the northwest corner of the track (fieldhouse / scoreboard).
- The home stands (west side) are reserved for spectators. No teams should set up in the home stands. If a team does not have a tarp / tent they can set up in the visitors stands on the east side.
- The team "Tent City" will be an area in the northwest part of the property just to left (west) of the fieldhouse. There will also be an area for team tents / tarps just north of the visitors stands.
- There will be a *random spike check*. There is a $\frac{1}{4}$ " spike maximum (no Christmas tree spikes). Coaches, since this probably your first outdoor meet, make sure that your endurance runners have pulled out their longer spikes (e.g., $\frac{3}{8}$ ") and replaced them with $\frac{1}{4}$ ". If an athlete is found to have unacceptable spikes, they will be warned and have three minutes to change out. If they do not, they may be disqualified.
- No athletes are allowed on the artificial turf field on the inside of the track unless they are walking to / from the start of their race. The marshals will strictly enforce this. We want a clear, clean infield for the benefit of our spectators.
- The warmup area will be grass area just north of the shot / disc area at the northeast corner of the track. This is approximately a 200-meter loop. Athletes may also warm up on the road around (825-meter loop) the facility. They just need to be cautious of traffic. There will be practice hurdles in the warmup area so **athletes should not remove any of the meet hurdles from the track.**
- Athletes will enter the track from the two entrances on the north side (scoreboard) of the track. Clerking will be at the northwest corner of the track. Athletes will exit the track via a gate at the south (concession stand / flagpole) end of the track.
- Results will be posted on a board in the Tent City area.
- **Implement inspection will be from 9:15 to 10:00** at the shot / discus area. Any implements that do not meet both the weight and gauge requirements will be impounded.

Impounded implements may be recovered from the Meet Director at the conclusion of all field events.

- There will be a Coaches meeting at midfield (artificial turf field) at 9:30. Teams (coaches) will be assigned to help with the various events (e.g., pull tape, rake pits, carry back implements, etc.). We will have a USATF / KHSAA certified official or equivalent managing each field event as a head official for that event. Teams just need to assist that person. We will also assign schools to monitor the exchange zones.
- Athletes may not compete in more than four events (including relays).
- The track will be open for warmups from 8:30 AM to 10:30 AM. After that, athletes must use the designated warmup area.
- Marks for relay exchanges may only be made with removable tape (i.e., no chalk or ½ tennis balls).
- Field event competitors will have three attempts with no finals.
- The starting heights in the vertical jumps will be:
 - High jump – girls 4-0 and boys 5-0
 - Pole vault – girls 6-0 and boys 7-0
- The Meet Director reserves the right to implement a “minimum mark” in the throws and horizontal jumps based on the number of competitors. Each competitor will get one measured mark. Then they must meet the minimum mark to be measured. The minimum marks, if used, will be:
 - Shot put – girls 20-0 and boys 30-0
 - Discus – girls 50-0 and boys 80-0
 - Long jump – girls 12-0 and boys 15-0
 - Triple jump – girls 25-0 and boys 35-0
- Coaches can be on the track during the field events in designated coaches’ boxes. Electronics involving playing back of video of an athlete’s attempt must be done in the coaches’ box or outside the track. No athletes may be inside the perimeter fence of the track during running events unless they are checking in or competing.
- There is a trash bag in your packet. Please help us by putting trash in the bags. See a Marshal (optic vest) for more trash bags.

Bus Route and Athlete Drop Off:

- Buses will follow the route designated on the attached bus map and drop athletes at the back side of the fieldhouse (north end of the facility).
- Buses will then follow the map to park in the bus parking area on the south side of the high school.
- Individual athletes being dropped off should be dropped off by the concession stand (south end of the facility) and come through the general admission gate.

Concessions and Rest Rooms:

- The concession stand is located at the south end of the track and field (flagpole). There are restrooms there for spectators.
- Athletes should use the restrooms at the fieldhouse (north end) of the facility.
- There will be a coaches’ / officials hospitality suite in the fieldhouse (north end behind the scoreboard). Access to this is on the backside (roadside) of the facility. Teams will be issued three wristbands in their packet for access to the hospitality suite.

Spectator Admission & Access:

- Admission to the meet is \$6. Children 6 and under get in free. Tickets must be purchased through the GOFan application at: <https://gofan.co/app/events/955625?schoolId=KY25579>
- Tickets will be available until approximately 2:30 PM the day of the meet.
- Spectators will park in the parking lot just south of the track and walk through the gate to the west of the concession stand.
- Spectators can use the restrooms located at the concession stand.
- Spectators can sit in the home stands on the west side of the track.

Scoring, Trophies, and Awards:

- Medals will be awarded to first, second, and third place finishers. Trophies will be awarded to the top two teams in both the girls and boys divisions. In lieu of medals, special trophies will be awarded to both the boys' and girls' winners of the Avery Farmer Memorial 4 X 100 Relay.
- Eight places will be scored 10-8-6-5-4-3-2-1. Only the "A" Relay team in the sprint relays can score.

Schedule:

8:30 AM - Track is open for warm-up

9:30 - Coaches meeting (middle of artificial turf field)

10:00 - 1st Round of field events - Girls: SP, TJ, HJ & Boys: DI, LJ, PV

10:30 - Track is closed for warm up. You can warm up in the designated area behind the visitor stands.

10:45 - 4 X 1600 Relay

11:30 - 2nd Round of field events - Girls: DI, LJ, PV & Boys: SP, TJ, HJ

12:45 - Track events - rolling schedule

School Mascot 50 yard dash on turf field

100 / 110 Hurdles

Sprint Medley Relay 800 (100-100-200-400)

4 X 800 Relay

Avery Farmer Memorial 4 X 100 Relay

Co-ed Throwers 4 X 100 Relay (if a team does not have enough throwers, a coach can run in place of a thrower! However, there must be **two male and two female competitors on a team**). This will be a non-scoring event.

300 Hurdles

4 X 200 Relay

Distance Medley Relay (1200-400-800-1600)

4 X 400 Relay

Contact:

Meet Director – George Sanderlin 404-312-0945, georgesand@aol.com