

# NEOITC MEET INFORMATION 2022-2023

## Meet Schedule

**3:30 PM** Athletes/Coaches enter the Track Building by North Entrance and go to the spectator stands. We cannot permit track entry earlier than 4:30 PM due to the building usage prior to the NEOITC Meet.

**4:00 PM** Spectators enter by the South Entrance and proceed to the spectator stands. To enter through this door people **must** have tickets (No Athletes) – Tickets for the event must be purchased online <https://www.spireinstitute.org/tickets/>

**4:30 PM** **Track becomes available to begin warmups.**

**5:00 PM** JV 1600M (Unscored) – Coaches record own athletes times. Performances are not eligible for the NEOITC All-Star Meet.

**5:30 PM** **Official Meet starting time for running and field events. Track and Infield closed for competition.**

**Field Events (Must check in at site before event starts – must check out for other events)**

HJ, SP – Girls then Boys

LJ, WT – Boys then Girls

PV – Girls and Boys simultaneous (boys may only jump at specified heights)

**Running Events will occur on a rolling schedule (Girls first, then Boys).**

**All entrants must check in with the Clerk.**

4 x 800 M Relay (G then B)

60 M Hurdles (G then B)

60 M Dash (G then B)

4 x 200 M Relay (G then B)

1600 M Run (G then B)

400 M Dash (G then B)

800 M Run (G then B)

200 M Dash (G then B)

3200 M Run (G then B)

4 x 400 M Relay (G then B)

**9:00 PM** Athletes, coaches and officials are headed home.



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## Event Check-in

### Track Events:

- All runners must report to the Clerk's check-in table approximately 3 events prior to their event. Check-in table is located in the Lobby outside the Track offices.
- Runners in the 400m, 800m, 1600m, 3200m and the last leg of any relay need to pick up their assigned hip numbers when they check-in.
- Athletes who do not check-in on time may be scratched from the event.

### Field Events:

- All athletes must check-in at their event area with the Head Official **prior** to the start of the **first** flight.
- Anyone that **does not** check-in on time could be scratched from the event.

## Timing and Results:

**Fully Automatic Timing will be provided by Lightning Timing. Live Results will be available online at [www.lightningtiming.com](http://www.lightningtiming.com).** Make sure to refresh your browser to get the most up-to-date results.

## Safety Rules:

- In an effort to conduct a safe and quality meet for all participants, USATF - the NHSF - the NCAA strictly rule that no electronic devices, including; headphones, cell phones or radios will be permitted inside the competition areas.
- This means the **ONLY** space where these devices are allowed is the spectator stands.
- These devices present a safety risk for competitors and officials.
- Please notify your athletes in advance that they can only use these items in the stands or in the building hallways.

## **ABSOLUTELY NO TEAM OR INDIVIDUAL CAMPSITES ON THE INFIELD**

## Lane Preferences:

- For the 60m Dash and 60m hurdles, lane preferences will be as follows:
  - 10 lanes – 5, 6, 4, 7, 3, 8, 2, 9, 10, 1
  - 9 lanes – 5, 6, 4, 7, 3, 8, 2, 9, 10
  - 8 lanes – 5, 6, 4, 7, 3, 8, 2, 9
- For the 200m and 400m dashes, lane preference will be as follows: 6, 7, 8, 5, 4, 3, 2, 1.

## Spike Limitations:

- Spike Length: Spikes no longer than ¼" (9mm) are allowed. Pyramid spikes and Omni-Lite spikes ONLY.
- NO "Claw" type spikes allowed.
- The Clerk will check spike length, so bring them to check-in. Athletes whose spikes are found to be too long will not be permitted to compete using those spikes.



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## Field Event Flights:

- The order of flights will flow so the best athletes will compete in the final flights.
- Athletes will all be given four attempts.

## Starting Heights:

- TBD at a later date

## Trainer:

- NEOITC provides a certified athletic trainer to address injuries sustained or aggravated during the meet. They will be stationed at the south end of the track along the rail past the finish line near the stairs. They are not there to tape athletes. Plan accordingly.
- Ice will be available during the meet in the training area, south of the Finish Line.

## Tickets:

- General Admission \$5.00
- Children 11 and under are Free

## Spectator/Participant Seating:

- **TEAMS:** Only spectators should be sitting in the red captain's chairs for the meet.
- Teams are permitted to sit in any of the lower bleacher sections (seating without backs) of the spectators stands.
- To view the Pole Vault, only spectators, not athletes, are allowed to sit in the temporary bleachers (if provided).
- Spectators and Parents are **NOT** permitted on the track or infield.

**Please remind athletes, coaches, parents and spectators to respect any SPIRE employees. Please feel free to ask them for help at any time. They are here to help so we all have a safe and enjoyable competition.**

**Thank you!**

