



Monte Vista Last Chance Meet
Saturday, May 13th, 2023

Time - 8:15 am Coaches Meeting
8:45 am Field Event Start
10:30 am - GIRLS – Sprint Medley

COST - \$250/school co-ed or \$175 per gender OR \$25.00 per athlete for school with less than 10 athletes.

GENERAL INFORMATION:

The football infield is for warming up only. NO shots, discus, footballs, and/or frisbees are allowed. They will be confiscated.

All seeding will be done using co.milesplit.us. You will need to register before you can enter your athletes. Once you are registered go to the calendar, click on it. Then click on the 2023 Outdoor Track and Field. Scroll down and find Monte Vista Last Chance Meet and click on ONLINE ENTRIES and follow the directions.

The coaches meeting will be held in front of the weigh in area located at the southwest corner of the track, near the finish line.

THERE WILL BE NO ADDITIONS OR SUBSTITUTIONS, JUST SCRATCHES.

Buses are to be parked in front of the brown bus barn located on the east side of the baseball field.

Tents may be put up on the top rows of the bleachers and on the west side of the track. These areas will be marked off. NO tents allowed on the football infield.

Restrooms are located across from the main gate on the southwest corner of the track.

GAMES COMMITTEE INFORMATION:

No hats or head covering of any kind. Head bands will be allowed if they are a single color and only one manufacturer's logo no larger than 2 ¼ inches. Sunglasses and watches will be allowed.

Athletes are to not remove any part of the team uniform, excluding shoes, while in the restricted area of competition. This is illegal. There will be a warning the first time, coaches informed, and then disqualification on the next incident.

Coach's boxes will be located at long/triple jump area and at the high jump. There will also be a coach's box on the back stretch of the track near the start of the 300M Hurdles. These areas will be marked off with paint. All other areas of the football field and track are restricted areas and off limits to coaches.

ELECTRONIC COMMUNICATION RULE - The use of electronic communication devices is permitted during meets in UNRESTRICTED AREAS and COACHES BOXES, however they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial. Communication cannot slow down the completion of the flight or an event.

3/16 inch spikes are to be used for the long and triple jump as well as all running events.

Restricted areas will include the track, the entire infield, throwing and jump arenas, and the staging area.

All video, audio, Ipods, CD, radio phones, etc. in the restricted area will result in an event disqualification.

Cell phones used in the restricted area will result in an event disqualification.

Appeals regarding misapplication of the rules must be filed 30 minutes after the results of the event are posted. Judgment calls such as false starts, lane violations, uniform rules, etc may not be appealed.

Remember that athletes may enter FOUR events including relays.

We will score eight places. Scoring will be 10-8-6-5-4-3-2-1. We will take 9 athletes to the finals in all field events.

Participants need to be CHECKED IN for their event by the second call, no exceptions. Runners need to be at the check in area NOT the starting line.

UNIFORM RULE REVIEW: All competitors should be in a school issued uniform. Each member of a school relay team shall wear the same color and design of the school uniform although the length of the bottom or one piece may vary. Shorts and bras cannot be rolled up. Any athlete not participating good sportsmanship will be disqualified from that event.

UNDERGARMENT RULE - Any visible undergarment worn underneath the uniform bottom that does not extend below the knees is now considered a foundation garment and not subject to the single color rule. An undergarment extending below the knees shall meet all requirements regarding a visible undergarment.

RUNNING EVENTS:

There are NO preliminaries in running events, all events are FINAL.

We will be using the FAT timing system. Hand held times will be used as the backup system. Wind gauges will be used.

Spike length for the meet will be 3/16 inch. This will be the same length used at state.

Starting blocks will be provided. We will have batons at the finish line.

Runners will be using hip tags. Tags need to be worn on the RIGHT hip.

All timers, coaches, and finishing runners are asked to keep the finish line clear for the FAT timing system to work properly.

Tell your athletes to go back to the finish line for their time and to make sure that the finish line has their correct name. This will also be the procedure at state.

FIELD EVENTS:

Weigh in for the shot and discus will be at the entrance of stadium. We will start weighing in at 8:15 pm. Those implements that do not pass will be kept until the completion of the event. It is your school or athletes responsibility to pick up impounded shots and discus before you leave. We will announce when they will be available.

Shot and discus area is located on the North West corner of the track.

All legal jumps and throws will be measured. There will be a minimum on Shot and Discus

PASS RULE - A competitor in the field events shall be charged with a foul if he/she does not INITIATE a trial within ONE MINUTE after the competitor's name has been called. A pass should be communicated to the event judge BEFORE the start of the clock.

All contestants in the field events will have 3 attempts in the preliminaries and 3 in the finals. NINE will advance to the finals. High jump will have 3 attempts at each height.

Athletes are not to leave a field event for a running event until the THIRD call has been made.

Athletes will have 5 minutes after the completion of a running event to get back to their field event. If they leave to compete in another field event, they are expected to check-in and out at each event within 2 minutes after taking an attempt at the previous event.

Tape or tennis balls may be used on the side of the long and triple jump runways to mark off starting points. **Do not mark on the runway surface!**

Monte Vista Last Chance Meet
Time Schedule
SATURDAY, May 13th, 2023
Monte Vista High School



5/15/2020

8:15 Coaches Meeting -

FIELD EVENTS

8:45 Boys - Discus, Triple Jump, Pole Vault
Girls - Shot, High Jump, Long Jump

11:30 Boys - Shot, Long Jump, High Jump
Girls - Discus, Triple Jump, Pole Vault

RUNNING EVENTS Start @ 11:00am

Girls - Sprint Medley Relay	Finals
Girls - 3200 M Relay	Finals
Boys - 3200 M Relay	Finals
Girls - 100 m Hurdles	Finals
Boys - 110 m Hurdles	Finals
Girls - 100 m Dash	Finals
Boys - 100 m Dash	Finals
Girls - 800 m Relay	Finals
Boys - 800 m Relay	Finals
Girls - 1600 m Run	Finals
Boys - 1600 m Run	Finals
Girls - 400 m Relay	Finals
Boys - 400 m Relay	Finals
Girls - 400 m Dash	Finals
Boys - 400 m Dash	Finals

Short Break- Monte Vista "Senior's" Track Recognition

Girls - 300 m Hurdles	Finals
Boys - 300 m Hurdles	Finals
Girls - 800 m Run	Finals
Boys - 800 m Run	Finals
Girls - 200 m Dash	Finals
Boys - 200 m Dash	Finals
Girls - 3200 m Run	Finals
Boys - 3200 m Run	Finals
Girls - 1600 m Relay	Finals
Boys - 1600 m Relay	Finals
Presentation of Awards	

- Note: All athletes should listen to the meet announcer for their event calls for proper warm-up time.