

# 4A Upper State Qualifying Meet

John Carlisle Stadium  
Ed Boehmke Track and Field Facility  
Eastside High School  
Saturday May 13, 2023

Welcome to Eastside High School! We look forward to hosting the 4A Upper State Meet and giving you and your team the quality meet that you deserve. Eastside has hosted many major meets in the past including the Hickman Relays, Chick-fila Games, the Kevin Logan JV Meet, Eastside ThrowsFest and the Greenville County Championships. All of these meets have over 18 teams in attendance. We promise a well-run and efficient meet.

The Eastside High School track has an 8 lane rubber surface and runways.

The two competition sand pits are filled with fine white Columbia sand.

The pole vault pit is three years old and we have a brand new top cover for the high jump.

We are completing our new throws center that has a hammer/discus cage, depressed throwing rings as well as flat cement circles beside the shot and discus sectors for many athletes to warm up (without implements). We will also have two Javelin sectors on the upper field.

Restrooms are easily accessible behind the concession stand on the home side and just outside the 200 start area on the visitors' side.

CKET timing will be here to handle all of the timing and results. All results will be uploaded as soon as possible to [live.milesplt.com](http://live.milesplt.com) and announced over the PA system.

All distance runners will be required to wear a number on the front of their jersey.

Horizontal Jumps and Throws will get 3 trials and the top 9 will get three more attempts.

Starting heights for the Pole Vault and High Jump will be the lowest qualifying mark, minus two heights, from the Region Championships or the minimum starting heights of 4'0"/5'6" and 7'0"/9'0".

All laned races will be sections on time. Sections will be decided by times received from Region Championships. The sections will be run slowest to fastest.

Field event check-in will occur at the event site.

All running events, except the 100 100/110 Hurdles and 200 will be clerked on the outside of the track near the start/finish line.

Tents in visitor stands only or on top of hills surrounding the track.

Buses should park in the SIDE lot on Kimbrell Road near the tennis courts.

Coaches and athletes in uniform may enter either gate. Other coaches with SCHSL cards will be allowed entry.

Spectators will be charged \$5. No other passes will be allowed. Please make sure everyone that may attend knows this.

Athletes are expected to be in their school issued uniform. Spikes should be  $\frac{1}{4}$  pyramid or less in length.

#### About the meet

Gates will open at 9:00. Officials Meeting at 10:30. Coaches meeting at 10:30. First events start at 10:45.

The infield of the track as well as the area outside and along the fence at the finish line is off limits. Other off limit areas will be flagged. Please keep your athletes out of these areas to avoid possible disqualifications. This is especially true of the infield where coaches and athletes may be accused of "coaching" or "pacing", etc. Let's avoid problems by staying out of these areas. Only coaches officiating a field event are allowed in those field event areas.

Eastside will have a hurdle crew. We will also select coaches from each region to be exchange zone judges. We will also try to get select coaches from the four upstate regions to officiate field events, but may assign regions to cover those we can't.

Schools will be assigned to the zones for the 4x100 relay.

We will have a meet referee, and each Region Meet Director will serve on the jury of appeals.

There are NO awards for any event. A team score will be kept.