

**AAAA Region III  
Track & Field Championships  
Joe Yenni Stadium  
Tuesday, April 25, 2023**

**Meet Director:** Darian Chestnut, G. W. Carver High School

District meet directors should upload the results of their district meet to MileSplit as per LHSAA Guidelines. Please list the first and last names of all five (5) place finishers and the time, distance, or height of the first five (5) place finishers in each event including relays. Please send a backup copy of the District Hy-Tek Meet file to [coachpanepinto@cox.net](mailto:coachpanepinto@cox.net).

**Packet Pickup:** Beginning at 12:00pm, team packets containing heat sheets, time schedule, meet information, appeal form, etc., may be picked up at the host school two hours prior to your school participating.

Field Events Begin at 2:00pm and the Running Events begin at 5:00pm. 4x800 Meter Relay start time – 3:30pm

**Entry Fees:** \$10.00 per athlete. All athletes including relay alternates will be counted. Checks are to be made payable to "G. W. Carver High School." Please only school checks or money orders accepted. No cash or personal checks. **Coaches must pick up their packet and pay fees prior to participation in any event.**

**Meet Admission Price: \$10.00**

**23.5.8 Scratch Meeting/Team Packets:** 1. There will be no scratch meeting for the regional meet. Schools that qualify contestants from the district meet to the regional meet shall declare by 12:00 noon (Sunday, April 23) two (2) days prior to the regional meet any scratches for those qualifying to the regional meet. It will be the responsibility of the school that scratches a contestant to notify the alternate school qualifier by 12:00 noon two (2) days prior to the regional meet. Schools failing to scratch contestants prior to 12:00 noon two (2) days prior to the regional meet shall be fined \$50 per contestant unless a letter from a doctor or the principal stipulates that the contestant was unable to compete due to medical reasons or other unusual circumstances. Scratches to the regional meet shall be faxed to the host school on school letterhead signed by the head coach. 2. Team packets containing heat sheets, time schedule, meet information, appeal form, etc. may be picked up at the host school two hours prior to your school participating. 3. Coaches must pick up their packets and pay fees prior to participation in any event. 4. If a school enters no more than two contestants in the meet, the student(s) may be accompanied by a faculty coach/representative or an LHSAA-approved non-faculty coach from any other school/school system entered in the meet if both schools' principals give written permission. The written permission shall be presented to the meet director at the packet pickup area. 5. If a qualifying contestant from the district meet is scratched and the alternate is not notified by 12:00 noon two (2) days prior to the meet, there shall be no replacement allowed.

**23.5.9 Substitutions on Relay Teams:** *A coach may substitute a contestant to participate with his/her relay team if the contestant's name is listed on the relay entry form provided to the regional meet director by the respective district meet directors at the conclusion of the district meet and if the substitute's participation limit of four events (including relays) is not exceeded.*

**NOTE:** In relay events, up to six individuals may be listed on the relay entry list, but only those who actually participate will be considered official entries. **Any substitutions for the state and regional meet must come from those names listed on the relay entry form.**

**Concessions and Restrooms:** A full line of concessions will be available throughout the meet. Restrooms are located under the stadium.

**Implement Weigh In and Verification:** Shot put, discus, javelin, and vaulting poles will be approved between 12:00 p.m. and 3:00 p.m. This will take place in the locker room on the street side of the stadium.

**Pole Vault Verification Forms:** Athletes must have a properly signed pole vault verification form to participate in the pole vault event.

### Event Information:

1. The order of events will follow that of the state meet.
2. The 800-meter run will be a one turn stagger of one heat. The 1600 and 3200 runs will also be one heat using a waterfall start. 4x800 Meter Relay - TBA
3. A 3-turn stagger will be used for the 1600-meter relay during the regional meet.
4. All track events will be set up in two heats of 8 and 8 running slowest to fastest.
5. In the field events, one flight will be contested. Each contestant will be given three throws/jumps. The top 7 will advance to the finals for an additional three throws in reverse order.
6. In the high jump and pole vault a contestant will be given three attempts at each height.

**Athlete Check-in:** Please emphasize to your athletes to report to the clerk immediately after second call. Athletes will have up to the start of the event to report. Athletes are reminded to have the **proper uniform and remove all jewelry BEFORE they report to check-in.**

<b><u>CLASS 4A (BOYS)</u></b>			
<b><u>DISTRICTS</u></b>	<b><u>REGION</u></b>	<b><u>QUALIFY TO REGIONAL</u></b>	
1, 2, 3	1	4 individuals,	4 relays
4, 5, 6, 7	2	4 "	4 relays
8, 9, 10, 11	3	4 "	4 relays

**Alternates:** Fifth-place finishers in each event in all district meets will be alternates to the regional meet.  
Each region will qualify 3 individuals and 3 relay teams to the state meet.  
Fourth place finishers in the regional meet will qualify as alternates to the state meet.

**Protest:** All protest must be submitted in writing **within 30 minutes** after the event has been concluded. The infraction must be cited and the applicable rule must be stated and turned in to the Referee.

**Awards:** Medals with ribbons will be awarded for first, second, and third place winners in each event. Team trophies will be awarded for first and second place teams. MVP Track and MVP Field plaques will be awarded for boys and girls. Points calculated from the computer will be used to determine the award winners. Awards will be presented on the field right after the events are completed.

### Special Meet Rules:

1. The meet will be conducted in accordance with LHSAA constitutional rules and by-laws and the National Federation's Outdoor Track and Field Rule Book.
2. Athletes will not be allowed to warm up on the infield due to the artificial turf. Warmups will be on the track or on the grassy areas behind the stadium.
3. Coaches will be limited to the stands or the designated area on the field during track events. Coaches are allowed to stand or sit on the track during the field events.
4. Team areas will be on the visitors' side away from the street. All contestants not competing will be expected to remain in these areas. Failure to do so could cause disqualification of their team from the event in progress.
5. Athletes are not permitted on the infield unless participating in an event.
6. Shot and discus are thrown off of a concrete slab. The javelin will be thrown off a grass runway.  
**All implements are to be put up in the team areas after the event is complete.**
7. No spikes longer than ¼ inch will be allowed on the track.
8. No music players will be allowed in the stadium.
9. Cell phones are not to be used during competition. Cell phone use is only allowed in the seating area of the stadium.