# Division 3 District Track and Field <br> Gibsonburg High School <br> Wednesday/Friday, May 17 and 19, 2023 

## A few things about Wednesday at District

1) All lane assignments are posted on the MileSplit district page, as well as Baumspage.
2) Following district/state rules, all horizontal field events were seeded into flights from worst to best, with the top 9 from any flight advancing to the finals. In these events, the venues will be open approximately 30 minutes before the start, during which time anyone can warm up. However, at 15 minutes till the event, only those in the first flight will be able to warm up. There will then be a 15 minute warm up period before all following flights, and then another 10 minute warm up period before finals.
3) The long jump has been seeded into 2 flights. These are NOT open pit. Athletes will be called in the order they are listed.
4) The following height series will be used:

GHJ 4'4", $4^{\prime} 6^{\prime \prime}, 4^{\prime} 8^{\prime \prime}, 4^{\prime} 10^{\prime \prime}, 4^{\prime} 11^{\prime \prime}, 5^{\prime}, 5^{\prime} 1^{\prime \prime}, 5^{\prime} 2^{\prime \prime} .$. (continue by 1 inch increments)
BHJ $5^{\prime} 2^{\prime \prime}, 5^{\prime} 4^{\prime \prime}, 5^{\prime} 6^{\prime \prime}, 5^{\prime} 8^{\prime \prime}, 5^{\prime} 10^{\prime \prime}, 5^{\prime} 11^{\prime \prime}, 6^{\prime}, 6^{\prime} 1^{\prime \prime} .$. (continue by 1 inch increments)
GPV 7', $7^{\prime} 6^{\prime \prime}, 8^{\prime}, 8^{\prime} 6^{\prime \prime}, 9^{\prime}, 9^{\prime} 4^{\prime \prime}, 9^{\prime} 8^{\prime \prime}, 10^{\prime} \ldots$ (continue by 4 inch increments)
BPV $8^{\prime}, 9^{\prime}, 10^{\prime}, 11^{\prime}, 12^{\prime}, 12^{\prime} 6^{\prime \prime}, 13^{\prime}, 13^{\prime} 6^{\prime \prime}, 13^{\prime} 9^{\prime \prime}, 14^{\prime} \ldots$ (continue by 3 inch increments)
5) There will be NO semis in either the boys or girls 1600 M or 3200 M runs.
6) There WILL be semis in the 800 's.
7) There is a scratch form on the MileSplit meet page. Rather than email me, use this form for drops, as well as drop/adds. Remember, you can't ADD anyone at this point, but you can substitute or drop. Note that in some events, if we get enough drops we can consolidate heats. Feel free to email me with any questions.
8) All scratches for any events contested on Wednesday must be submitted NO LATER THAN NOON on Wednesday. After that time, you can drop, but not drop/add, except for injury.
9) You will receive relay cards in your packets. There are spaces for 8 runners on each card, and any 4 of those 8 can compete. If you make finals, any 4 of those 8 runners can compete in the finals-it doesn't have to be the same 4 as the prelims. I highly recommend you put 8 names down. If you only put 4 names on the cards and one of your runners is hurt, you will not be able to compete in that relay.
10) Implement weigh-ins will be in the tent near the shot put area.
11) You can pick up your packets at the gate when you arrive. You can turn in your uniform verification form at the same place.
12) Remember, even though the meet is two days, it is still only one meet. So your athletes can only compete in 4 events total. If, say, you have an athlete who runs the 100 m dash but doesn't qualify, that still counts as an event, so you can't add him to another one on Friday. However, if you pull an athlete before they report, that is no longer an official event, and they can run four others. If you're unsure, please call or email.
13) For races that don't finish in lanes, your runners will receive hip numbers. Please remind your runners that the numbers go on the RIGHT hip, so they can be seen from the outside of the track.
14) If you have any questions, please feel free to contact me at the phone number/email address below.

Good luck,
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