

COACHES INFORMATION

PLEASE READ AND FOLLOW

Welcome!!

Upon arrival go under the scoreboard by the check in area and declare or scratch all your athletes from the 300m-1 mile and relays

All 55m and 55m hurdles heat sheets are posted next to the medal/t-shirt area.

Just show up to the event-no declaring needed

All field events-just go to the event.

IMPORTANT: WE DON'T WANT EMPTY LANES IN THE 300, please make sure your athletes are scratched or declared properly.

You can do this up to 60 minutes before the event