

Region 2-4A Championship Meet

- When:** Saturday May 4, 2024
- Where:** Ed Boehmke Track and Field Facility
John Carlisle Stadium at Eastside High School
1300 Brushy Creek Road Taylors, SC 29687
- Entry Fee:** The entry fee is \$100 per school. Please mail early so that we have it before the coaches meeting or bring it to the coaches meeting. Mail to Ed Boehmke Eastside High School 1300 Brushy Creek Road Taylors, SC 29687.
- Entries:** Entries will be submitted on scrunchers.com. Log in and go to the Calendar tab at the top of the page. Scroll down until you find the Region 2-4A Championships. You may enter up to 4 athletes per event and 1 relay team per event.
- Restrictions** All relays **MUST** have names. You may enter up to 8 runners per relay. Each athlete may be entered in only 4 individual events, **OR** 3 individual events and up to 2 relays, **OR** 2 individual events and up to 3 relays. Individual events, once entered, count as an event, even if the athlete does not compete in it. Once the athlete competes in one (or two) relay(s) he/she must be removed from the other(s). If you have questions about this rule, please write or call before completing your entries. Best entry performances for the **year** will automatically be entered by SCRunchers. These will be the performances used for seeding purposes.
- Entries are due by 9:00 am on Thursday May 2nd.**
- Other Information** From the SCHSL will be emailed soon.
- Coaches Meeting:** We will have a coaches/scratch meeting on Thursday May 5th. We will meet at a restaurant that I will arrange. We will pay for 2 meals per school. All changes **MUST** be made by the end of this meeting. Heat sheets will be set up and posted immediately after this meeting. If you are not present you must make sure that we have your changes by the end of this meeting.
- Bus Parking:** Please park the buses along the curb at the back of the school. Athletes in uniform may enter any gate.
- Teams Camps:** Teams may set up tents/tarps, etc in the visitor stands or along the top of the hill on the home side or behind the weight room. No teams are allowed on the infield.

General Information for our Region Championships

- Order of events will be girls followed by the boys for all races.
- Each school will be required to have 1 coach at each of the 4x100 relay zones. We will put two at the beginning of the zone and three at the end of the zone. We will NOT run the relay until all 5 coaches in each zone have arrived to help.
- Scoring will be 8-6-4-2-1 Relays are scored 8-6-4-2
- Region MVP will be determined by the number of points an athlete scores. Relay participation gets $\frac{1}{4}$ of points the team earns. Ties will not be broken.
- Region Coach of the Year will go to the winning coach of each gender.
- For the throws and horizontal jumps, each athlete will receive three attempts (prelims). The best nine will receive three more attempts (finals). The best performance of the 6 attempts will be used.

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- The top 4 in each event will automatically qualify for the 4A Upper-State Qualifier at Eastside High School on Saturday May 11. Also the next 8 best performances from 4A Regions 1, 2, 3, and 4 Meets will also qualify for the 4A Upper State Meet (a total of 24 will qualify). Information for this meet will be given out at the Coaches Meeting.
- All clerking, except the 100, 200 and 100/110 hurdles, will be done outside the track near the start/finish line
- Warm-ups can be done on the practice field, behind the stadium. Limited hurdles will be placed on the field. No warm-ups on the infield of the track. Only athletes participating in jumps will be allowed on the infield.
- A PA system will be used for announcing calls of track events and can be heard on both the track and warm-up field. We will stay on schedule unless the weather threatens.
- Concessions stands and restrooms will be open.
- The gate price will be \$5 a person.