



- 25 minutes prior to an event - first call
- 15 minutes prior to an event - second call
- 10 minutes prior to an event - third & final call

Athletes in BOTH a field event and running event must keep up on the time schedule and the calls for their event(s). A field event athlete must return and check-in with the clerk and go to the staging area if they are in a track event. Failure to do so will result in a scratch. ALL athletes in running events must check-in with the clerk of the course in the staging area.

#### **GENERAL INFORMATION – TRACK:**

- **Only competing athletes, officials and meet management are allowed on the infield.**
- All members of Relay Teams must wear matching uniforms/outfits and MUST BE enrolled at the same high school **(No All-Star Teams!)**
- 4x200 & Sprint Medley Relays will use a 3-turn stagger.
- 4x800 & distance medley will use a waterfall start.
- 600m, 1500m, & 3000m races will use a waterfall start.

#### **GENERAL INFORMATION – FIELD EVENTS:**

- **Only competing athletes, officials and meet management are allowed on the infield.**
- Field event athletes must check in one hour before the start of their event (all flights / athletes)
- Athletes may be excused for a maximum of thirty (30) minutes to participate in another event
- Permission to leave must be granted by the official running the event and is noted on the Official Event Sheet
- For HJ/PV, an athlete may request to complete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining that he/she was excused with. In both cases, the competition will continue and he/she will re-enter at wherever the crossbar has been raised during said excused absence

#### **THROWS:**

- Implements will be checked and weighed.
- Those implements passing inspection will be impounded until the start of the event. No other implements can be used!
- All competitors will be given 4 attempts

#### **LONG JUMP / TRIPLE JUMP**

- Athletes must check in one hour before the start of their event
- All competitors will be given 4 attempts

#### **HJ/PV:**

- Continuing flights of five (5) will be rotated in using the “*Five Alive*” format.
- Tentative starting heights are as follows:
  - Girls High Jump: 4’10”
  - Boys High Jump: 5’9”
  - Girls Pole Vault: 9’9”
  - Boys Pole Vault: 12’9”

**SCORING:** Will be done using a 10-8-6-5-4-3-2-1 scoring system for the top eight marks in each event. To be eligible for team scoring, all team members must attend the same high school **(No All-Star Teams)**

#### **AWARDS:**

The top 6 athletes in each event will receive an award

#### **APPEALS:**

The Appeals Table will be located in the cement area at the northwest exterior corner of the track that is adjacent to the finish line. Results will be posted on the wall of the single-story white building just northwest of the finish line. Appeals are to be submitted in writing and should be lodged immediately following the event, but in no case no later than thirty (30) minutes after the results of that event have been posted on the results board. The Jury of Appeals will make the final decision regarding any appeal.

**SNACK BAR:**

A full snack bar offering both hot foods, drinks and snacks will be open during the duration of the meet.

**TRACK & FIELD EQUIPMENT AND SOUVENIR APPAREL:**

VS Athletics and Relay Apparel will have vendor booths located at the northeast corner of the stadium.