

Starfish Indoor Meet
Campbell County Recreation Center
February 25, 2016

GENERAL INFORMATION AND INSTRUCTIONS

Bus Parking - Please drop off athletes on the North side of the building and park in the 5 bus parking spaces on the North side of the building or on State Street and College Drive on the North side of the building. **DO NOT** park in the Recreation Center's parking lots.

CHECK-IN/SCRATCHES

Coaches packets will be available in the meet results room in the northeast corner of the Field House by 12:30 PM. **Scratches for running events should be made when packets are picked up.** Scratches for field events may be made at the event site.

TRACK WARM-UP

The track will be available for warm-ups up by 12:30 p.m.

AWARDS

Awards will not be given but results will be supplied after the meet.

VALUABLES

The Campbell County School District and/or the Campbell County Recreation Center will not be responsible for any personal belongings or school items lost.

PARTICIPATION RULES

- Entries are unlimited in each event.
- The maximum number of events a contestant may enter shall be four (4).
- We will adhere to the 2016 NFSHSA Track & Field Rule Book.

ENTRIES

Entries will be unlimited in each event. Please list contestants in order of ability and include their accurate time or distance. Please be sure to record accurate times, distances, and heights in the correct way. (i.e. 65 seconds recorded as 1:05 and 46 feet 3 inches recorded as 46' 3") Entries will be done on RunnerCard.com. **Please have entries completed by Thursday, 2/25/16 at 8:00 a.m.**

IMPLEMENT & POLE VAULT WEIGH-INS: Implements weigh-in will begin one hour before the start of the meet. Implements will be weighed-in in the storage room underneath Meet Results room (end of straightaway). Pole vaulters will weigh-in at the double doors to the right of the Training room before the event.

SEEDING

Athletes will be heated and seeded according to actual or projected entry times. Please be as accurate or realistic as possible to be fair to all athletes. We need your help in placing the proper athlete in the appropriate heat.

REPORT TIME

Contestants must report 10 minutes before the event at the point of competition. Track contestants should place themselves in the assigned lanes as listed. Contestants not reporting on last call will be scratched. Report to the South end of the track. Running events begin at 2:00 p.m.

SPIKES

No one will be allowed on the track unless they have 3/16" pyramid spikes or running flats.

ALLEY STARTS

Alley starts will be used for the 800M Run, the 1600M Run and the 3200M Run.

STARTING BLOCKS

Starting blocks will be furnished by the meet management.

FIELD EVENTS - Begin at 2:00 p.m.

- A. Runways for the long jump, triple jump, pole vault and high jump will be on a synthetic surface.
- B. In the high jump and pole vault, each competitor will receive three (3) attempts at each height.
- C. Throwers will be placed in flights. Each thrower will complete 3 throws (2-1 setup). Finals will be in reverse order with a 1-1-1 setup.
- D. Triple jump and long jump competitors will receive three (3) attempts. Both jumps will be run on a continuous flight basis with 5-6 competitors active at a time.
- E. Pole Vault
 - Girls Division Starting height TBD at beginning of meet
 - Boys Division Starting Time - 45 minutes after the girls division
 - Starting Height - TBD at beginning of meet

FIELD EVENT SCHEDULE:

These events begin at 2:00 pm:
Boys High Jump - North End
Boys Long Jump - West Side
Girls Pole Vault - North End
Girls Triple Jump - West Side
Boys Shot Put - South End

These events follow immediately:
Girls High Jump - North End
Girls Long Jump - West Side
Boys Pole Vault - North End
Boys Triple Jump - West Side
Girls Shot Put - South End

RUNNING EVENT TIME SCHEDULE (ROLLING SCHEDULE):

Girls will run each race first, followed by boys. All races will be timed finals. This is a rolling schedule and competitors need to listen to the PA system for 1st, 2nd and final calls.

<u>EVENT</u>	<u>TIME</u>
4 x 200M Relay	2:00
4 x 800M Relay	
55M Hurdles	
55M Dash	
1600M Run	
400M Dash	
800M Run	
15 Minute Break for CCHS Senior Recognition	
200M Dash	
3200M Run	
4 x 400M Relay	