

Camel 9th/10th Track Meet
Campbell County High School
April 30, 2019

GENERAL INFORMATION AND INSTRUCTIONS

Parking - Please park in the lot on the east side of the track. Do not park on the fence line on the South end of the parking lot until after the school day buses have departed (approximately 4:00 p.m.) No bus parking will be allowed behind the press box.

MEET INFORMATION

This meet is a freshman/sophomore meet, however lower level juniors will be accepted. The meet will run as a one-class meet.

CHECK-IN/SCRATCHES

Coaches packets containing announcements, qualifying standards and reporting forms will be available at the SOUTH END OF THE STADIUM BY 12:00 PM. Scratches for running events should be made when packets are picked up and brought to the top level of the press box. Scratches for field events may be made at the event site.

TRACK WARM-UP

The track will be available for warm-ups at 12:00 p.m.

TOWELS

Towels will not be furnished.

VALUABLES

Campbell County School District 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 2019 NFSHSA Track & Field Rule Book.

ENTRIES

Entries will be unlimited in each event. Please list contestants in order of ability and include their true time or distance. Entries will be done on RunnerCard.com. Please have entries completed by Tuesday, 4/30/2019, by 9:00 a.m.

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. There will be no finals on the track. Therefore, we need your help in placing the proper athlete in the appropriate heat.

WEIGH-INS

Pole Vault weigh-ins and pole checks will be in the shed by the pole vault pit and Shot Put and Discus weigh-ins will be in the shed under the south side of the stadium. All weigh-ins will begin at 12:00 p.m.

REPORT TIME

All contestants must report by third call of the event before competition. Track contestants should place themselves in the assigned lanes as listed. Contestants not reporting on last call will be scratched. Report to the North end of the track. Running events begin at 1:30 pm.

SPIKES

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

ALLEY STARTS

One turn 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.

AWARDS

No awards will be given.

FIELD EVENTS - Begin at 1:00 pm.

- A. Runways for the long jump, triple jump, pole vault and high jump will be on a synthetic surface.
- B. Take off boards for the long jump and triple jump will be 12" wide synthetic surface.
- C. Shot and Discus will be thrown from cement pads.
- D. In the high jump and pole vault, each competitor will receive three (3) attempts at each height. Starting heights will be determined at the competition.
- E. 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.
- F. Triple jump and long jump competitors will receive three (3) attempts. Finals will be in reverse order.

FIELD EVENT SCHEDULE:

These events begin at 1:00 pm:

Boys Pole Vault - North End
Girls High Jump - South End
Boys Shot Put - East Side
Girls Discus - East Side
Boys Long Jump - East/North Side
Girls Triple Jump - East/South Side

These events follow immediately:

Girls Pole Vault - North End
Boys High Jump - South End
Girls Shot Put - East Side
Boys Discus - East Side
Girls Long Jump - East/North Side
Boys Triple Jump - East/South Side

RUNNING EVENT TIME SCHEDULE:

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

| TIME | EVENT |
|-----------|------------------|
| 1:30 p.m. | Sprint Medley |
| | 3200M Run |
| | 100/110M Hurdles |
| | 3200M Relay |
| | 100M Dash |
| | 1600M Run |
| | 400M Relay |
| | 400M Dash |
| | 300M Hurdles |
| | 800M Run |
| | 200M Dash |
| | 1600M Relay |

This is a WHSAA Sanctioned Meet for Qualifying State Meet times. Please be sure to check with Cliff Hill, Meet Director, before you leave the meet to make sure your athletes who might have made a qualifying time, distance or height are on the official track qualifying standard report form.