

1Cache-Box Track & Field Meet 2018

The 2018 Cache-Box Track and Field Meet will be held at Box Elder High School on Wednesday March 28th and Thursday March 29th (weather Cancellations: we would have a one day meet on one of the specified days). The meet will be limited to High Schools which reside in the following counties: Cache, Box Elder, Rich and Franklin Counties. THIS IS A VARSITY STATE QUALIFYING MEET, TEAM ENTRIES SHOULD REFLECT THIS LEVEL OF COMPETITION.

COST

Entry fee is \$100 per full 112 individual entries total for both boys and girls teams combined; \$50 for 56 individual entries or less total combined; payable to Box Elder High School. This will go towards covering the cost awards and starter. Please note on checks that it is for the Cache Box Track and Field Meet.

ENTRIES

Each school will be allowed 56 individual entries. Relays and Exhibition events do not count toward these entries. All entries will need to be submitted on www.runnercard.com and each coach will be responsible for not submitting more than the 56 allowed entries. All entries will need to be submitted by Tuesday March 27th at 9 pm.

SEEDING, HEAT AND FLIGHT ORDER

In all events, the competitors will be arranged so those with the best marks will be placed in the last heat, last flight, or at the end of the jumping order except for the 800, 1600 and 3200. If more than 16 are in the 800, 1600 and 3200 we will have two heats, fast and slow. For the 800, 1600 and 3200 it will be a waterfall start seeded fastest on the inside of the track with the slower heats running first.

TRIAL HEATS AND FINAL QUALIFICATIONS

Heats will be made according to entries submitted in the 100, 200, and 400 meter dashes and the 100, 110 and 300 hurdles. They will also be made in the 400 meter relay, medley relay and the 1600 meter relay. Placements in the heats will be based on FAT times. Coaches may question entries made.

LANE SEEDING FOR FINALS

ONE HEAT FINAL-

The fastest eight times will compete in a one heat final-(EXCEPTION 800,1600 AND 3200)

Race lane assignments by top seed as follows:

100/100H/110HH: 4-5-3-6-2-7-1-8.

4 x 100/200/300hurdles/400: 3-4-5-2-6-1-7-8.

Medley/4 x 400: 1-2-3-4-5-6-7-8.

TIES

If a tie occurs in the Long Jump, Discus, Javelin or Shot Put for placing the next best throw or jump will break the tie. If a tie occurs still then it will be broken using the following guidelines in the National Federation track and Field Rule Book, rule 2 section 2.

SCORING

10, 8, 6, 5, 4, 3, 2, 1

AWARDS

Medals will be awarded for the 1st through 3rd Place finishers in individual events and 1st place finishers in relays. Exhibition events will not score but will receive 1st place awards. (pole vault and 4 x 200)

TIMING AND RECORDING

Fully Automatic Timing (F.A.T.) will be used. Therefore, times will be recorded in hundredths and can be submitted to the state as recorded. **Meet results will be posted on www.runnercard.com.**

MEASURING

The following guidelines will be followed for measuring.

Javelin/Discus – lesser inch.

Long Jump/ Triple Jump/Shot Put – lesser quarter inch

MINIMUM MARKS

High Jump Starting Height Girls: 4’3

Boys: 5’1

Disc Girls: 75-00

Boys: 100-00

Shot Girls: 25-00

Boys: 32-00

Javelin Girls: 75-00

Boys: 100-00

EVENT ASSIGNMENTS		
Bear River	High Jump	4 x 100 Relay Exchange
Box Elder	Timing, Awards	Starter, Entries
Green Canyon	Javelin	4 x 100 Relay Exchange
Logan	Discus	Weigh In
Mt. Crest	Shot Put	4 x 100 Relay Exchange
Sky View	Javelin	4 x 200 Relay Exchange
West Side	Triple Jump	4 x 200 Relay Exchange
Ridgeline	Long Jump	Blocks
Coach Funk	Clerk	
Coach Rawlins	Official Timing	Starter/Timer
Coach Rawlins	Official Judge	
Clifton Taylor	Official Starter	Exchange Zone at Finish Line

Hurdles – We are asking that everyone helps out with them.

UNIFORMS

The uniforms rule (rule 4, section 3) will be enforced. Please inform your athletes so there will be no problems at the meet.

Please use school-issued uniforms, and matching relay participant

MARSHALLING AND CROWD CONTROL

Only participants and authorized officials will be permitted in the track and field areas. **NO EXCEPTIONS!**
PLEASE KEEP ALL PARENTS IN THE STANDS!

2018 Cache-Box Track & Field Meet

Meet Schedule for Day One: Wednesday March 28, 2018

Coaches Meeting at **3:00 PM**

Official Start Time: Field events will start at **4:00 p.m.** Running events will start at **4:00 p.m.**

Girls will be first in all running events with the boys following.

Earlybird Field Event Starting Time at 3:30pm

(If an athlete in a running event wants to voluntarily start early in a field event to get a mark in...they will be allowed to do so. This is not an official start time and is not required.)

Running Events: Prelims - Finals (4:00 pm)

100/110 M Hurdles

100 M Dash

1600 M Run

400 M Run

300 M Hurdles

200 M Dash

Medley Relay

Field Events: (4:00 pm)

Boys Discus

Girls Javelin

Girls Long Jump

Girls Shot Put

Boys Triple Jump

Boys High Jump

Boys Pole Vault (non-scoring exhibition)

*All field event participants will be given three (3) jumps/throws in the trials. The top nine (9) athletes in each event will then advance to the finals where an additional three (3) jumps/throws will be awarded.

**You will be allowed 56 individual entries for the meet. Exhibition events and relays do not count toward your entries.

2018 Cache-Box Track & Field Meet

Meet Schedule for Day Two: Thursday March 29, 2018

Coaches Meeting at **3:00 PM**

Official Start Time: Field events will start at **4:00 p.m.** Running events will start at **4:00 p.m.**

Girls will be first in all running events with the boys following.

Earlybird Field Event Starting Time at 3:30pm

(If an athlete in a running event wants to voluntarily start early in a field event to get a mark in...they will be allowed to do so. This is not an official start time and is not required.)

Running Events: Finals (4:00 pm)

100/110 M Hurdles

4 x 200 M Relay (non-scoring exhibition)

100 M Dash

3200 M Run

4 x 100 M Relay

400 M Run

300 M Hurdles

800 M Run

200 M Dash

4 x 400 M Relay

Field Events: (4:00 pm)

Boys Javelin

Girls Discus

Girls Triple Jump

Girls Pole Vault (non-scoring exhibition)

Girls High Jump

Boys Long Jump

Boys Shot Put

Combined start for boys and girls!!!

Awards: Team Trophies

Awards: Male/Female Athlete of Meet

*All field event participants will be given three (3) jumps/throws in the trials. The top nine (9) athletes in each event will then advance to the finals where an additional three (3) jumps/throws will be awarded.

**You will be allowed 56 individual entries for the meet. Exhibition events and relays do not count toward your entries.