

Triangular Indoor Track Meet – 2020

Campbell County Recreation Center – Field House January 30, 2020

GENERAL INFORMATION AND INSTRUCTIONS

Bus Parking – Please drop off athletes on the North side of the building and park in the 4 bus parking spaces on the North side of the building or on Slate Street and College Drive on the North side of the building. **DO NOT** park in the Recreation Center’s parking lots.

ENTRY FEE

There is no entry fee for this meet.

CHECK-IN/SCRATCHES

Coaches’ packets will be available in the meet results room by 11:30 AM. **Scratches for running events should be made when packets are picked up.** Scratches for field events may be made at the event site.

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.

TRACK WARM-UP

The track will be available for warm-ups up by 11:00 a.m.

TOWELS

Towels will not be furnished.

ATHLETIC TRAINING SUPPLIES

Athletic training supplies will not be provided. Any athlete that needs student trainer/trainer assistance in being taped/wrapped will need to provide their own athletic supplies.

LOCKER ROOMS AND VALUABLES

Locker rooms will be open for all teams. Campbell County School District will not be responsible for any personal belongings or school items lost.

HOSPITALITY

There will be a hospitality room for coaches, bus drivers and workers in the meet results room. Breakfast items only will be provided for coaches and bus drivers. Lunch will be provided for workers.

PARTICIPATION RULES

- The maximum number of events a contestant may enter shall be four (4).
- We will adhere to the 2019 NFSHSA Track & Field Rule Book.

Triangular Indoor Track Meet – 2020

ENTRIES

Unlimited number of entries for all events is allowed. Please list contestants in order of ability and include their accurate time or distance. Entries will be done on RunnerCard.com. **Please have entries completed by Thursday, 1/30/2020 at 11:30 am.**

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 1:00 pm.

SPIKES

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

STARTING BLOCKS

Starting blocks will be furnished by the meet management.

AWARDS

Medals will be given for 1st - 3rd place. Ribbons will be given for 4th - 6th place. There will be no team trophies awarded and no team scores will be kept.

FIELD EVENTS - Begin at 12:30 pm.

- A. Runways for the long jump, triple jump, pole vault and high jump will be on a synthetic surface.
- B. Take off wood boards for the long jump and triple jump will be 12" wide.
- C. In the high jump and pole vault, each competitor will receive three (3) attempts at each height.
- D. 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. Only throws clearly over 25' for girls and 35' for boys will be measured.
- E. Triple jump and long jump competitors will receive three (3) attempts, with the top nine (9) competitors advancing to the finals. Both jumps will be run on a continuous flight basis with 5-6 competitors active at a time.
- G. Pole Vault
 - Girls Division Starting Height (6' 00")
 - Boys Division Starting Time - 45 minutes after the girls division
 - Starting Height – (9' 00")
- F. High Jump Starting Heights Boys (5' 00") Girls (4' 2")

Triangular Indoor Track Meet – 2020

HELP IS NEEDED

Since this is a small, triangular meet, coaches will be assigned to the events. When your school is assigned to an event, please bring enough individuals to efficiently work the event your school is assigned.

Triangular Indoor Track Meet – 2020

FIELD EVENT SCHEDULE:

These events begin at 12:30 pm:

Boys High Jump - North End
Boys Long Jump – West Side
Girls Pole Vault - North End
Boys Shot Put – South End
Girls Triple Jump - West Side

These events follow immediately:

Girls High Jump - North End
Girls Long Jump - West Side
Boys Pole Vault - North End
Girls Shot Put – South End
Boys Triple Jump - West Side

RUNNING EVENT TIME SCHEDULE (ROLLING SCHEDULE):

Girls will run each race first, followed by boys. Times listed are only approximate. 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 800M Relay	1:00
55M Hurdle	
55M Dash	
Sprint Medley Relay	
1600M Run	
4 x 200M Relay	
400M Run	
800M Run	
200M Run	
3200M Run	
4 x 400M Relay	