Campbell County Recreation Center – Field House January 21, 2021

## 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.

## CHECK-IN/SCRATCHES

**Scratches for running events should be made when coaches check in.** 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 8:00 a.m.

## TOWELS

Towels will not be furnished.

##  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.

## PARTICIPATION RULES

* The maximum number of events a contestant may enter shall be four (4).
* We will adhere to the 2021 NFSHSA Track & Field Rule Book.

## ENTRIES

Entries will be done on RunnerCard.com. Please have entries completed by Wednesday, 1/20/21 at 8:00 pm.

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 12:00 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.

## FIELD EVENTS - Begin at 11:00 am.

## FIELD EVENT SCHEDULE:

These events begin at 11:00am: These events follow immediately:

Girls High Jump - North End Boys High Jump - North End Boys Long Jump – West Side Girls Long Jump - West Side

Boys Pole Vault - North End Girls Pole Vault - North End

Girls Shot Put – South End Boys Shot Put – South End

## 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.

## EVENT TIME

400M Run 12:00 PM

3200M Run

55M Hurdle

55M Dash

800M Run

4 x 200M Relay