

GENERAL INFORMATION FOR ATHLETES

DO YOUR WARM-UP RUNNING ON THE BACK STRETCH BETWEEN EVENTS OR WHEN SOME LANES ARE NOT IN USE.

1/4" SPIKES ARE REQUIRED LENGTH ON TRACK, LONG JUMP, POLE VAULT AND HIGH JUMP. FLATS MUST BE WORN ON CONCRETE SHOT AND DISCUS PADS. SPIKES ARE PROHIBITED ON THE ALUMINUM BLEACHERS.

STARTING BLOCKS WILL BE FURNISHED.

KNOW THE ORDER OF EVENTS. REPORT ON TIME TO THE SOUTH BULL PEN. LISTEN TO P.A. FOR CALLS.

KNOW HOW YOUR RACE IS RUN, KNOW WHERE YOUR EXCHANGE ZONES ARE. ONLY TENNIS BALLS ARE USED ON THE TRACK FOR RELAY EXCHANGES. NO CHALK, NO TAPE! UMPIRES WILL HAVE TENNIS BALLS AVAILABLE

COACHES AND CONTESTANTS NOT COMPETING MUST REMAIN IN THE STANDS OR IN REST AREAS OUTSIDE THE FENCE AROUND THE TRACK. NO REST AREAS OR CAMPS ARE PERMITTED ON THE INSIDE OF THE TRACK -CONTESTANTS MUST STAY OFF THE FOOTBALL FIELD - USE THE END ZONES FOR CROSSING. THERE ARE MANY AREAS OUTSIDE THE FENCE AND UNDER THE BLEACHERS THAT MAKE GOOD CAMPS. PLEASE POLICE YOUR OWN CAMP AREAS FOR TRASH PICK UP.

YOU ARE RESPONSIBLE FOR YOUR OWN EQUIPMENT AND VALUABLES. DO NOT LEAVE THEM UNATTENDED.

THERE ARE TO BE NO ELECTRONIC DEVICES IN THE COMPETITION AREA!

STAY AWAY FROM THE FINISH LINE AREA - DO NOT ASK FOR TIMES FROM OFFICIALS AFTER RACES. ANY TIMES GIVEN AT THE FINISH LINE ARE NOT OFFICIAL WAIT UNTIL RESULTS ARE POSTED ON CONCESSION STAND OR ANNOUNCED. REPORT ERRORS IN RESULTS OR SCORING TO THE MEET DIRECTOR AT ONCE.

ALL MEMBERS OF COMPETING RELAY TEAMS NEED NOT REPORT TO THE CLERK IN THE BULL PEN WHEN CALLED, IF SOME MEMBERS ARE COMPETING IN A FIELD EVENT. THEY WILL, HOWEVER NEED TO REPORT WHEN THEIR HEAT IS ON DECK TO RACE. ALL FIELD EVENT PEOPLE INVOLVED IN SUCH A SITUATION SHOULD ASK THE FIELD EVENT OFFICIAL TO ALLOW EARLY OR CONSECUTIVE TRIALS IF THEY ARE ABOUT TO COMPETE IN A RELAY, INDIVIDUAL RACE, OR OTHER FIELD EVENT THAT SHOULD NOT BE HELD UP. (HJ, LJ, PV). THE RULE IS THAT 20 MINUTES WILL BE ALLOWED WHEN SOMEONE LEAVES A FIELD EVENT TO RUN A RACE ETC. BEFORE THEY MUST RETURN TO THE FIELD EVENT. RELAY CARDS MUST BE TURNED IN AT THE BULLPEN WHEN RELAY TEAMS CHECK IN.

COACHES - PLEASE PICK UP AWARDS & RESULTS IN THE PRESS BOX 15 MIN. AFTER THE MEET.

SOUVENIR T-SHIRTS WILL BE ON SALE FOR \$15.00 NEAR THE CONCESSION STAND.

THERE IS A CONCESSION STAND BY THE BLEACHERS. OTHER FAST FOOD PLACES ARE LOCATED WITHIN WALKING DISTANCE.

RESTROOMS ARE LOCATED AT THE REAR OF THE SCHOOL AND PORT-O-POTS BEHIND BLEACHERS

KNOW RULE ABOUT RUNNING ON CURVED LANE LINES TO YOUR LEFT. YOU MAY BE DISQUALIFIED IF YOU RUN (3) THREE OR MORE CONSECUTIVE STEPS ON OR OVER THE CURVED LINES. STAY OFF THEM.

RELAY TEAMS MUST HAVE IDENTICAL, SCHOOL ISSUED UNIFORMS. WHEN TWO OR MORE RELAY TEAM MEMBERS WEAR APPAREL UNDER THE UNIFORM, THEY MUST BE THE SAME SOLID COLOR. KNOW THE **UNIFORM** RULES 4-3,1-7 THE AREA OF COMPETITION IS WITHIN THE FENCE.

BE SURE YOU DO NOT BREAK BEFORE PASSING LANE MARKERS ON ALL BREAK RACES--(DISTANCE MEDLEY, 1600M RUN, 3200M RUN, 4X400M RELAY, 4X800M RELAY, 4X1600M RELAY)

GOOD LUCK!

WE HOPE YOU HAVE A GREAT EXPERIENCE, WE NEED YOUR HELP TO MAKE THIS MEET SUCCESSFUL!