

2016 IHSAA GIRLS TRACK & FIELD REGIONAL TRACK MEET @WARREN CENTRAL HIGH SCHOOL

TUESDAY, MAY 24, 2016

SEE THE 2015-16 IHSAA SPRING BULLETIN FOR ADDITIONAL INFORMATION

PERF & HEAT SHEETS: Will be posted to www.alphatiming.net . **THESE WILL NOT BE E-MAILED TO YOUR SCHOOL, YOU MUST GO TO THE WEBSITE FOR THE PERF LISTS & HEAT SHEETS.**

SCRATCHES: Only Until 5:30 pm. at the Alpha Timing Red Trailer at the Start/Finish Line.

Coaches may also email known scratches ahead by 1:30 PM meet day to michelle@alphatiming.net.

4:45 P.M.	Gates Open
4:45 P.M.	Check-in at East Gate & Team Packet Pick up. Shot Puts & Discus will be weighed at the Implement Weigh-in Station, on the NE side of the stadium.
5:30 P.M.	Coach & Officials meeting in the Warrior Dome (See Map.) The head coach from each school is expected to attend. Pole Vault verification sheets should be turned in at the coaches meeting.
6:00 P.M.	Field Events
6:15 P.M.	3200 Meter Relay
	Trials will begin immediately upon conclusion of the 3200 meter relay
	100 Meter Dash
	100 High Hurdles
	200 Meter Dash
	Finals will begin 15 minutes following the end of the trials
	National Anthem
	100 M High Hurdles
	100 M Dash
	1600 M Run
	400 M Relay
	400 M Dash
	300 M Low Hurdles
	800 M Run
	200 M Dash
	3200 M Run
	1600 M Relay

POSTPONEMENT DATE: Wednesday, May 25, 2016 - Must be severe weather to postpone.

HOST ATHLETIC DIRECTOR: Susan Downey, Warren Central High School

MEET DIRECTOR: Gary Nolley

SECTIONAL SITES: Connersville, Franklin Community, Franklin County, and Warren Central

ADVANCEMENT:

1st, 2nd, & 3rd place Regional winners in all individual events and relays, plus any individual or relay team meeting the 3 Participant Standard in the regional finals of their event. An individual or relay team shall not advance to the state finals from the regional finals unless the time is recorded by fully automatic timing (FAT). If there are less than 3 in any event meeting the 3 Participant Standard, the next best regional finishers shall be added to bring the total number of entrants to 27 in each event.

EVENT	QUALIFYING STANDARD
3200 M Relay	9:27.48
*100 M High Hurdles	14.97
*100 M Dash	12.39
1600 M Run	5:00.59
400 M Relay	48.46
400 M Dash	57.83
300 M Low Hurdles	45.11
800 M Run	2:16.01
*200 M Dash	25.41
3200 M Run	10:58.00
1600 M Relay	3:58.88
Discus	129' 7"
Shot Put"	40' 51/2"
Long Jump	17' 11"
High Jump	5' 4"
Pole Vault	11' 3"

www.alphatiming.net will be your resource to find Meet info, Heat Sheets & Results!

Admissions:

- \$7.00 for all spectators age 6 and older.
- Contestants in uniform will be admitted without charge.
- A sign-in sheet will be available at the **East Gate** for 1 Bus Driver & 2 Administrators per school.
- If a coaching staff member will not be arriving with the team, pre-arrangements must be made with Warren Central, or the coach will need to pay to enter.

Reminders:

- Locker Rooms will not be available.
- Concessions will be available at the SW corner of the stadium.
- A certified/licensed trainer will be on duty and located at the Start/Finish Line.
- Team seating is located in the NORTH (HOME) bleachers, opposite the Start/Finish Line.
- Athletes MUST stay outside the Track until their Race.
- Coaches are not allowed on the infield. Only 1 Pole Vault Coach per team will be permitted in the Pole Vault coach seating area.
- Tournament officials only are permitted inside the track and in the press box. Coaches, help us keep EVERYONE off of the Football Field.

- **ELECTRONICS are not to be worn or used by any athlete/team member in any competition area.** Coaches, be sure you are making your athletes aware of this. (NFHS Rule 3.2.8) Includes field event areas and warm ups on track or field events from time of arrival until departure.

Staging Area:

- Clerk of the course staging area will be located behind the starting line for 100 M at the west end of the Track for ALL EVENTS.
- Competitors (including all 4 relay members) must report on time, and **should report by the 2nd call.**
- Hip numbers will be issued by the clerk for each race; athletes must wear them on their RIGHT hip or leg, on the side, not the front or back of leg, the number MUST be visible, shirts etc. must not cover it at the race finish.

Scoring & Awards:

- Eight places will be scored (10, 8, 6, 5, 4, 3, 2, and 1, respectively) in all events, including the relays.
- Ribbons will be given the first eight places in each event with a trophy to the winning school.
- After all places and points have been verified, a coach from each school should pick up results and award packets.

Jury of Appeals:

A jury of appeals will be appointed at the coaches meeting.

Surfaces:

- No marks are permitted on any runways

Pole Vault:

- Verification sheets should be turned in at the coaches meeting and should be brought with you.
- Warm-up height will be 12" below the #8 seed's height. Starting height will be 6" below the warm-up mark & proceed at 6" increments until 10'00", then 3" increments to the state standard mark of 11' 03".

High Jump:

Athletes MUST report to the clerk by 2nd call or will be scratched from that and all other events remaining in the evening.

- After the state standard is met, subsequent increments will be determined by meet management.
- Warm-up height will be 4" below the #8 seed. Starting height shall be 2" below that mark & proceed at 2" increments until the crossbar is at 5'00", then proceed at 1" increments to the state standard mark of 5' 04".

Once the state standard is met, the head official shall meet with the athletes and coaches to determine the subsequent increments.

Warren Central High School Contact:

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 Warren Central High School
 Athletics Administrator
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