

2019 IHSAA BOYS TRACK & FIELD REGIONAL TRACK MEET @WARREN CENTRAL HIGH SCHOOL

THURSDAY, MAY 23, 2019

SEE THE 2018-19 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 Trailer at the Start/Finish Line. Coaches may also email known scratches ahead by 2 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: Friday, May 24, 2019 - Must be **severe** weather to postpone.

HOST ATHLETIC DIRECTOR: Jayson West, Warren Central High School

MEET DIRECTOR: Gary Nolley

SECTIONAL SITES: Connersville, Columbus North, East Central, Warren Central

ADVANCEMENT:

1st, 2nd, and 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 the total number of entrants to 27 in each event. These are called Call Ups. You will NOT be notified of this, you must check the performance list posted as per this meet information. If your CALL UP does not want to accept please email michelle@alphatiming.net asap.

3 Participant Standard Marks are located in the Spring Bulletin for your reference.

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.
- Athletes **MUST** stay outside the Track until their Race.
- Coaches are not allowed on the infield or right at the field events, stay behind bleachers. 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 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.
- 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 announced at the coaches meeting.

Warm Up Areas: Teams should use the north/home side bleachers when not actually competing and use back straightaway for warm up area when track is not in use. Athletes are required to pay attention to the whole track. **NO ELECTRONICS TO BE WORN OR USED IN WARM UPS AT ANY TIME.**

Field Event Warm-Ups: No athlete may begin warm up in any field event until their coach or the field event is present and remains there. Anyone warming up without the presence of either may be DQ'd. All athletes must leave the field event area when the event completes.

Electronics: Headphones, cell phones, iPods, etc are not to be used or worn by athletes in any competition area, this includes areas where they stage for shot and discus and anywhere inside the track fencing. This is in effect from arrival at the facility until time of departure. Coaches be sure your athletes know this in advance.

Team Camps: Camps may be located on the north /home side bleachers, outside of the track area, opposite of the press box.

Surfaces:

- No marks are permitted on any runways

Pole Vault:

- Verification sheets should be turned in at the coaches meeting.
- Starting heights will be determined by entries and will follow the IHSAA/ITCCCA rule.

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.

- Starting heights will be determined by entries and will follow the IHSAA/ITCCCA rule.

Warren Central High School Contact:

Jayson West, AAD

Warren Central High School

Athletics Administrator

Cell: 317-531-0863

jwest2@warren.k12.in.us

IHSAA need to knows:

ELECTRONICS: Headphones, cell phones, iPods, etc are not to be used or worn by athletes in any competition area, this includes areas where they stage for shot and discus and anywhere inside the track fencing. This is in effect from arrival at the facility until time of departure. Coaches be sure your athletes know this in advance.

Field Event Warm-Ups: No athlete may begin warm up in any field event until their coach or the field event is present and remains there. Anyone warming up without the presence of either may be DQ'd. All athletes must leave the field event area when the event completes.

CALL UP: an athlete that is called back to fill the field to its max number needed, 16. You will not be notified (no call, text, email) of this, you will need to check heat sheets posted on the IHSAA website or where the meet host advises they will also post them.

CALL BACK: One which is called back due to a scratch in that event. We will text or call you that night to see if your athlete wants to compete in the regional. It is important that you respond asap to this message. If you know someone will not want to compete please see Alpha Timing before you leave the meet to report this.

Auto Qualifier: an athlete who finishes in the top 3 of their event in sectional or regional competition.