

2022 IHSAA Girls Track & Field Regional Track Meet

@ Ben Davis High School / May 24, 2022

PLEASE SEE THE 2021-22 IHSAA SPRING BULLETIN FOR ADDITIONAL INFORMATION

www.alphatiming.net will be your resource to find meet info, heat sheets & results!

Heat Sheets: Will be sent via email to Athletic Directors as soon as the seedings have been completed!!!

Times:

Scratches:	Until 5:30 pm -- At the <u>White Tent</u> (<i>located at the start line</i>) & at the Trailer
Coaches Meeting:	5:30 pm –Due to COVID we will NOT have a Hospitality Room
Field Events:	6:00 pm
3200 M Relay:	6:10 pm
Running Trials:	6:30 pm
Finals:	20 min. after running trials end

3 Participant Standards:

EVENT	QUALIFYING STANDARD
3200 M. Relay	9.24.46
400 M Dash	:57.18
1600 M Relay	3:57.75
100 M High Hurdles	:14.93
300 M Int. Hurdles	:45.16
Discus	127' 9"
100 M Dash	:12.26
800 M Run	2:15.27
Shot Put	40' - 10.75"
1600 M Run	5:03.30
200 M Dash	:25.03
Long Jump	17' - 7.75"
400 M Relay	:48.66
3200 M Run	10:54.58
High Jump	5' - 4 "
Pole Vault	11' - 3"

Check-in:

- ❖ The **only available entrance** into the stadium for participants, coaches & spectators will be at the **North GATES!**
FIELDHOUSE Entrance WILL BE CLOSED OFF!!!
- ❖ **Scratches** can to be made until **5:30 pm.**
- ❖ Pick up your packet programs and **Seeding Sheets** at the entrance gate (located at the north end of the stadium).
- ❖ **Shot Puts & Discus** will be weighed inside the Fieldhouse, located on the south side of the stadium.
- ❖ **Pole Vault** verification sheets should be turned in at the coaches meeting.

Scratches:

- ❖ Scratches for all events, including field events, should be completed **by 5:30 PM** at the TENT or at the hospitality room before the coaches meeting.

Coaches Meeting:

- ❖ A pre-regional meeting for Head Coaches, IHSAA officials, and tournament officials will be held at 5:30PM in the film room located in the field house south of the track.
- ❖ The head coach from each school is expected to attend.

www.alphatiming.net will be your resource to find meet info, heat sheets & results!

Admissions:

- ❖ **\$8.00** with no advance sales.
- ❖ Contestants **in uniform** will be admitted without charge.
- ❖ Team packets (available at the NE gate) will have an **allotted 4 coach and 2 student manager** passes.
- ❖ Extra coaches and managers must purchase a ticket. (*Most schools reimburse "extra" coaches for admission tickets*)
- ❖ A sign-in sheet will be available at the North East Gate for 1 Bus Driver & 2 Administrators per school.
- ❖ **If an allotted coaching staff member will not be arriving with the team, prearrangements must be made with BD.**

Accommodations:

- ❖ **Locker Rooms** will not be available.
- ❖ **Rest Rooms** will be available at the east corner of the Fieldhouse, and at the north and south end of the track.
- ❖ **Concessions** will be sold from the southwest stand.
- ❖ A **certified/licensed trainer** will be on duty and located at the start-finish line.
- ❖ **Team seating** is located in the east bleachers.

Staging Area:

- ❖ Clerk of the course staging area will be located behind the starting line for 100M at the north end of the Track.
- ❖ Competitors (including all 4 relay members) must report on time, and should report by the 2nd call.

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.
- ❖ Warm-up height will be 12" below the opening 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".
 - After the state standard is met, subsequent increments will be determined by meet management.

High Jump:

- ❖ Warm-up height will be 4" below the opening height.
- ❖ 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".
 - After the state standard is met, the head official shall meet with the athletes and coaches to determine the subsequent increments.

John Clark
Athletic Director
Cell: 317 491-4023
John.clark@wayne.k12.in.us

Heather McGowan
Asst. Athletic Director
Cell: 317 513-9313
Heather.mcgowan@wayne.k12.in.us

www.alphatiming.net will be your resource to find meet info, heat sheets & results!