

## 4A-5 & 3A-8 DISTRICT TRACK MEET GEORGE JENKINS SCHOOL

**Host/Site:** George Jenkins High School  
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**Date of Meet:** Tuesday, April 16, 2019

**Awards:** Team Champion and Runner-up Trophies will be presented at the conclusion of the meet.

**Ribbons:** Top 8 – These may be picked up in the press box after your teams last event.

**Admission:** \$6.00

Concessions will be available.

**Coaches Meeting:** **THERE WILL NOT BE ONE TO TRY TO MAKE IT EASIER ON PEOPLE.**

- 1. School Entry Fee: \$150.00. This is for the timer, Champion and Runner-up trophies, individual awards for top 8 and FHSAA officials.**
- 2. Advancement to the Region Meet:** The top 4 in each event will automatically advance on.
- 3.** All FHSAA rules will be in effect.
- 4.** The infield will be closed to all. No coaches will be allowed on the infield.
- 5.** Athlete reporting: **All calls will be made by class and gender.** Tell your athletes to pay attention to the calls. They do not need to start reporting until their class and gender are called. There will be a first call about 30 minutes out, a second call about 20 minutes out and a third and final call about 10 minutes out from the start of the event.
- 6.** Pole Vault: Based on the overall numbers I will jump both classes at the same time. They will be scored separately. I will have a coach's box set up. To be able to access this, you will check in at the clerk's tent to receive your pass. The coach will sign a form at the event stating that your vaulter and their pole meets the requirements of NFHS rule 6-5-3. The only vaulters and coaches allowed on the infield will be the gender competing. All others will not be allowed. They will not be allowed to camp out while the others are jumping. They can camp out in their team area.
- 7.** Implement weights and measures: This will be done at the event check in for those throwing at 10:00. For all others it will be at 10:30 behind the timers tent.
- 8.** All athletes are to sit on the visitor's side. The home side will be kept open for spectators. No athletes will be allowed on the infield unless they are participating in an event. Athletes not in compliance will be disqualified. This includes coaches. Head Coaches make sure any assistant coaches you have understand this. **Athletes will report ready to compete.** They do not need to show

up in warm ups or tee shirts. They should already have their spikes on. Head Coaches make sure your athletes and assistants know this a head of time. This will be strictly enforced! Warm-ups are to take place behind the visitor stands.

The track surface is rubber. ¼" Pyramid Spikes Only. If the athlete does not have the correct spike we will not wait for them to get them changed out.

9. Parking: Please follow the directions of the parking attendants. Buses will be allowed to drop off their teams and then will be directed to park offsite. The location is less than a minute away from the school.

10. We have FHSAA certified officials lined up to run all field events.

11. Jury of Appeals: TBD

**STARTING HEIGHTS: Will be based on the lowest qualifying height.**

**Schedule:** The time schedule for the Meet will be as follows:

**Field Events The 10:00 start time is the only set time. The others are estimates. As soon as the preceding event has concluded, then the call for the next event will occur. (Throws and Jumps will get three (3) prelim attempts and then the top 9 will get three (3) more attempts.)**

10:00 a.m.:

3A Boys Disk  
4A Girls Shot Put and adaptive  
4A Girls Long Jump  
4A Boys Long Jump  
3A Girls High Jump  
4A & 3A Boys Pole Vault

11:30 a.m.:

3A Girls Disk  
4A Boys Shot Put and adaptive  
4A Girls Triple Jump  
4A Boys Triple Jump  
3A Boys High Jump  
4A & 3A Girls Pole Vault

1:00 p.m.:

4A Boys Disk  
3A Girls Shot Put and adaptive  
3A Girls Long Jump  
3A Boys Long Jump  
4A Girls High Jump

2:30 p.m.:

4A Girls Disk  
3A Boys Shot Put and adaptive  
3A Girls Triple Jump  
3A Boys Triple Jump  
4A Boys High Jump

10:30 a.m.

4 x 800m Relay Finals – Order is 3A Girls, 4A Girls, 3A Boys, 4A Boys

**Running Events Prelims (The top three (3) in each heat and the next two (2) fastest times qualify for the finals.)**

12:30 p.m.- Order is 3A Girls, 4A Girls, 3A Boys, 4A Boys

Girls 100m High Hurdles  
Boys 110m High Hurdles  
100m Dash  
4x100 relay (if needed)  
400m Dash

Girls 300m Low Hurdles  
Boys 300m Intermediate Hurdles  
200m Dash

**Running Event Finals will start 45 minutes after the 200m prelims. We will then proceed on a rolling schedule. Order is 3A Girls, 4A Girls, 3A Boys, 4A Boys**

Girls 100m Hurdles

Boys 110m Hurdles

Girls 100m Dash

Boys 100m Dash

Girls 1600m Run

Boys 1600m Run

200m Adaptive (**if needed**)

Girls 4 x 100

Boys 4 x 100

Girls 400m Dash

Boys 400m Dash

800m Adaptive (**if needed**)

Girls 300m Hurdles

Boys 300 I Hurdles

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls 3200m Run

Boys 3200m Run

Girls 4 x 400

Boys 4 x 400