

Athletes in BOTH a field event and a running event must keep up on the time schedule and the calls for their event(s). A field event athlete must return and check in with the clerk and go to the staging area if they are in a track event. Failure to do so will result in a scratch. ALL athletes in running events must check in with the clerk of the course in the staging area.

GENERAL INFORMATION – TRACK:

- **Only competing athletes, officials and meet management are allowed on the infield. Coaches are not allowed on the infield.**
- All members of relay teams must wear matching outfits (but NOT school uniforms) and MUST BE enrolled at the same high school (***No All-Star Teams!***)
- 4x200 & Sprint Medley Relays will use a 3-turn stagger.
- 4x800 & distance medley will use a waterfall start.
- 600m, 1500m, & 3000m races will use a waterfall start.

GENERAL INFORMATION – FIELD EVENTS:

- **Only competing athletes, officials and meet management are allowed on the infield. Coaches are not allowed on the infield.**
- Field event athletes must check in one hour before the start of their event (all flights / athletes).
- Athletes may be excused for a maximum of thirty (30) minutes to participate in another event.
- Permission to leave must be granted by the event official and noted on the Official's Event Sheet.
- For the high jump and pole vault, an athlete may request to complete his/her trials at the current height out of order or opt to return to the event with the number of trials remaining that he/she was excused with. In both cases, the competition will continue and he/she will re-enter at wherever the crossbar has been raised during said excused absence.

THROWS:

- Implements will be checked and weighed. Those implements passing inspection will be impounded until the start of the event. No other implements can be used!
- All competitors will be given 4 attempts

LONG JUMP / TRIPLE JUMP

- Athletes must check in one hour before the start of their event
- All competitors will be given 4 attempts

HJ/PV:

- Continuing flights of five (5) will be rotated in using the "Five Alive" format.
- Tentative starting heights are as follows:
 - Girls HJ: 4'8" -- Boys HJ: 5'6" -- Girls PV: 9'6" -- Boys PV: 12'9"

SCORING & AWARDS: Will be done using a 10-8-6-5-4-3-2-1 scoring system for the top eight marks in each event. All athletes compete unattached (no official representation for a high school). However, to be eligible for club/unattached team scoring, all club members must attend the same high school (***No All-Star Teams!***). The top 6 athletes in each event will receive an award

APPEALS:

The Appeals Table will be located in the cement area at the northwest exterior of the track, adjacent to the finish line. Results will be posted on the building wall just northwest of the finish line. Appeals are to be submitted in writing immediately, but no later than thirty minutes after the results of that event have been posted. The Jury of Appeals will make the final decision regarding any appeal.

SNACK BAR:

A full snack bar offering both hot foods, drinks and snacks will be open during the duration of the meet.

TRACK & FIELD EQUIPMENT AND SOUVENIR APPAREL:

VS Athletics, Relay Apparel & Arcadia Invit'l will have vendor booths located at the stadium entrances.