



Camel Qualifier Track Invite

Campbell County High School

May 6, 2016



GENERAL INFORMATION & INSTRUCTIONS

***Parking - Please park in the lot on the east side of the track. Do not park on the fence line on the South end of the parking lot until after the school day buses have departed (approximately 4:00 p.m.). No bus parking will be allowed behind the press box.**

SCHOOL CLASSIFICATION

The meet will run as a one-class meet.

CHECK-IN/SCRATCHES

Coaches' packets containing announcements, qualifying standards and reporting forms will be available at the SOUTH END OF THE STADIUM BY 10:30 A.M. ON FRIDAY. **Scratches for running events should be made when packets are picked up and brought to the top level of the press box.** Scratches for field events may be made at the event site.

TRACK WARM-UP

The track will be available for warm-up at 10:00 a.m. unless other arrangements have been made.

TOWELS

Towels will not be furnished.

VALUABLES

Campbell County School District will not be responsible for any person's belongings or school items lost.

PARTICIPATION RULES

1. Entries will be unlimited in each event.
2. The maximum number of events a contestant may enter shall be four (4).
3. We will adhere to the 2016 NFHS Track & Field Rule Book.

ENTRIES

Entries will be done on *RunnerCard.com* and are due by 7:00 a.m. May 6th. Please list contestants in order of ability and include their true time or distance. ***Please make sure to enter a coach's contact number on RunnerCard for Friday morning in case of cancellation.***

SEEDING

Athletes will be heated and seeded according to actual entry times. Please be as accurate or as realistic as possible to be fair to all athletes. **There will be prelims and finals in the 100M Dash and 100/110M Hurdles only.** Athletes will qualify for the finals according to the eight fastest prelim times.

WEIGH-INS

Pole Vault weigh-ins and pole checks and Shot Put and Discus weigh-ins will be in the shed under the south side of the stadium. All weigh-ins will begin at 11:00 a.m.

REPORT TIME

Contestants must report 10 minutes before the event at the point of competition. Track contestants should place themselves in the assigned lanes as listed. Contestants not reporting on last call will be scratched. Report to the North end of the track. **Running events begin at 12:00 p.m.**

SPIKES

No one will be allowed on the track unless they have 3/16" or less pyramid spikes or running flats.

ALLEY STARTS

One turn alley starts will be used for the 800M Run, the 1600M Run and the 3200M Run.

STARTING BLOCKS

Starting blocks will be furnished by the meet management.

AWARDS

Medals will be given for 1st - 3rd place. Awards will be given to first place teams.

FIELD EVENTS - **Begin at 12:00 p.m.**

- A. Runways for the long jump, triple jump, pole vault and high jump will be on a synthetic surface.
- B. Take off boards for the long jump and triple jump will be 12" wide synthetic surface.
- C. Shot and Discus will be thrown from cement pads.
- D. In the high jump and pole vault, each competitor will receive a maximum of three (3) attempts at each height.
- E. Throwers will receive three (3) attempts and the top nine (9) will go to finals.
- F. Triple jump and long jump competitors will receive three (3) attempts and the top nine (9) will go to finals.
- G. Pole Vault
 - Boys Division Starting height 10'6"
 - Girls Division Starting Time - 45 minutes after the boys division
Starting Height - 7'0"

This is a WHSAA Sanctioned Meet for Qualifying state meet times. Please be sure to check with Cliff Hill, Meet Director before you leave the meet to make sure your athletes who might have made a qualifying time, distance or height are on the official track qualifying standard report form.

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RUNNING EVENT TIME SCHEDULE

Girls will run each race first, followed by boys. Times listed are only approximate. This is a rolling schedule and competitors need to listen to the PA system for 1st, 2nd and final calls.

<u>EVENT</u>	<u>TIME</u>
3200M Run	12:00
100/110M Hurdle Prelims	12:30
3200M Relay	12:50
100M Dash Prelims	1:25
1600M Run	2:10
400M Relay	2:35
100/110M Hurdle Finals	2:55
100M Dash Finals	3:10
400M Dash	3:20
300M Hurdles	3:50
800M Run	4:30
200M Dash	4:55
1600M Relay	5:25

FIELD EVENTS - BEGIN AT 12:00 PM

Field Events Schedule:

These events begin at 12:00 pm:

Boys Pole Vault - North End

Girls High Jump - South End

Boys Shot Put - East Side

Girls Discus - East Side

Boys Long Jump – East/North End

Girls Triple Jump – East/South End

These events follow immediately:

Girls Pole Vault - North End

Boys High Jump - South End

Girls Shot Put - East Side

Boys Discus - East Side

Girls Long Jump – East/North End

Boys Triple Jump – East/South End

Cliff Hill – Meet Director
Work Phone Number - (307) 687-0369
Cell Phone Number – (307) 660-0652