



## 6A Region 7 Track & Field Championship

NORTH ATLANTA HIGH SCHOOL, 4111 Northside Pky., Atlanta, 30327



April 19<sup>th</sup> and 21<sup>st</sup>, 2017



### MEET INFORMATION

#### General Athlete / Coach Info:

- Entries will be made through Georgia MileSplit at:  
<http://ga.milesplit.com/meets/272541/info#.WN23Bb3ypzw>
- Only two entries per event (including two relays). Scratches may be made at the coaches meeting. Only under extenuating circumstances that can be verified (e.g., illness, injury, or family emergency), may a change (substitution) be made. Any changes must be made at the Wed. coaches' meeting.
- Entries open on April 10<sup>th</sup> at 6:00 PM and are **due by 11:59 PM Monday, April 17, 2017.**
- Eight athletes in laned track events will advance to finals. In the throws and horizontal jumps, nine field event contestants will advance to the finals and get three more attempts.
- All marks must be verified (in MileSplit). Current season marks will be used. **Manually entered marks will not be accepted and will be entered as "no mark."** FAT times for the mile, 2 mile and 1500 are acceptable for the 1600 & 3200 and will be converted to 16/32 equivalent times.
- Coaches must comply with GHSAA rules for the number and types of events entered per athlete:  
Contestants in Track and Field may enter a maximum of both relays, and any  
One (1) of the combinations listed below. Competitors not on one or both relay  
Teams are still restricted to one of the following combinations:
  1. three (3) field events
  2. two (2) field events and one (1) running event
  3. one (1) field event and two (2) running events
  4. relay teams for a school may be composed of any eligible student from that school
- GHSAA uniform and jewelry rules will be adhered to – all athletes of a team in the same event must have similar uniforms with no **visible** jewelry.
- Electronics – Athletes must not have electronic devices on the track, infield or field event competition areas.
  - Electronic devices **may** be used in **unrestricted** areas and **coaching boxes**, providing the location does not interfere with progress of the meet as determined by the meet referee
  - Electronic devices shall not be used to transmit information to the competitor during the race or trial
- Coaches' box – the coaches' box is any area outside of the perimeter of the track (outside the fence) and at least 30 feet away from the nearest field event competition area.
- Relay teams – Regional relay teams are locked in (same members – up to six) through Sectionals and the State Meet. Two alternates may be listed for each relay team (maximum of six contestants on each of two teams). However, an alternate on one team ("A") may not be listed as a participant or alternate on another ("B") relay team in the same event. Participants ("A") must not be listed as either a participant or alternate for another relay team ("B") in the same event.
- Relay teams may use tape as a marker on the track. Exchange zone judges and others should remove the tape after the 4 X 100 concludes.
- Seeding for heats will be by an even distribution of the fastest times.



- There will be a random spike check. So, all coaches should check athletes' spikes prior to check-in. There is a **1/4" spike limit**. Any athlete non-compliant with the spike limit will be warned and asked to comply before they compete.
- **The designated warm up area** will be on the baseball field (across the parking lot from the track). **The track will be open for warm up from 2:30-3:15 on Wed. and 4:30-5:15 on Fri.**
- **No athletes or coaches are allowed on the turf field once the running events start.**
- The track will close prior to the running events and the **warm up area** will be on the baseball field (outfield).
- **Results** will be posted on the Running Warrior board located on the inside of the fence near the finish line.
- **Implement inspection will be right after the coaches meeting.** Athletes cannot warm up with implements rated at the next higher weight (e.g., boys cannot warm up with a collegiate 16 lb. shot, only a 12 lb. one). Implements that are not the proper size and weight will be impounded.
- The **check in area** will be designated at the North end of the track. Athletes should enter the track from the North end and exit by the gate near the finish line.
- Field **event** contestants in the horizontal jumps and throws will have three attempts with finals. The first legal mark will be measured. After that, only legal marks that meet the minimum will be measured. The Field Event Referee will determine minimum marks and the starting height for vertical jumps based on entries. Minimum marks will be stated at the coaches' meeting.
- **Coaches meeting** near the timing tent at noon on Wed. and 2:00 PM on Fri.
- Teams are assigned to help out at each particular venue (see end of document) or aspect of track officiating. If you are unsure of your duties, please ask the Field Event Referee, Meet Referee, or Meet Director.
- Coaches can be on the track during the field events in designated areas. Coaches must leave the track at the conclusion of the field events.
- Any **protests** must be filed within 30 minutes of the results of that event being posted.
- Please help us by putting trash in the trash receptacles.

### **Buses & Athletes:**

- Buses should **drop athletes** at the steps to the track in the parking lot between the track and baseball field. (a map will be posted on the GA Milesplit web site). Athletes should proceed up the stairs to the designated "**Tent City**" area. **No athletes or team personnel are allowed in the stands. The stands are reserved for spectators.**
- **Buses** will be directed by APS Security where to park after unloading.
- Athletes and team personnel are not allowed in the school building.
- Teams should bring a **tent, tarp** and folding **chairs**.

### **Spectators:**

- Spectator **parking** is in the main parking deck.
- **Admission** is \$5. Children 5 and younger are free.
- Spectator **seating** is in the West side stands.
- **Concessions** will be available behind the stands.
- **Rest rooms** are located next to the baseball field across the parking .
- Spectators are encouraged to **bring a chair or blanket** and sit on the fence line for a birds-eye view.

**Rain Date:** April 20th.

**Scoring:** Eight places will be scored. Points will be 10-8-6-5-4-3-2-1. Medals will be given for the first six places.



## SCHEDULE:

### Day 1 – April 19, 2017

Noon	Coaches meeting
12:15 – 12:30	Implement inspection
1:00	Field events: LJ (B), TJ (G), HJ (B), DI (B), SP (G), PV (B)

Running events will be on a rolling schedule and are preliminary unless noted:

### **3:30 (Rolling Schedule)**

4 x 100  
1600 **Boys Final**  
400  
100  
100 H  
110 H  
800  
200  
300 H  
3200 **Girls Final**  
4 X 400

### Day 2 – April 21, 2017 (Finals)

2:00	Coaches meeting
2:15 – 2:30	Implement inspection
3:00	Field events: LJ (G), TJ (B), HJ (G), DI (G), SP (B), PV (G)

Running events are all finals:

5:30 4 X 100  
5:45 1600 **Girls**  
6:00 400  
6:15 100  
6:30 100 H / 110 H  
6:45 800  
7:00 200  
7:15 300 H  
7:30 3200 **Boys**  
7:50 4 X 400  
8:05 Awards



**Officiating Assignments:**

<b>Event</b>	<b>Schools</b>	<b>Notes</b>
High Jump	North Atlanta	
Triple Jump	Cambridge	
Long Jump	Dunwoody	
Pole Vault	Johns Creek / Pope	Bring GHSA PV verification forms
Shot Put	Chattahoochee / Northview	
Discus	Alpharetta / Centennial	North DiscBot should help retrieve discs
4 X 100 Zone 1	Centennial	Need two coaches - one coach to watch front of zone and one to watch back
4 X 100 Zone 2	Cambridge	Need two coaches - one coach to watch front of zone and one to watch back
4 X 100 Zone 3	Northview	Need two coaches - one coach to watch front of zone and one to watch back
4 X 400 <i>Front</i>	Chattahoochee	Need two coaches - one coach to watch lanes 1-4 and one to watch lanes 5-9 on the front end of the exchange
4 X 400 <i>Back</i>	Dunwoody	Need two coaches - one coach to watch lanes 1-4 and one to watch lanes 5-9 on the back end of the exchange
Umpire 1	Centennial	Watch first half of both hurdles for infractions
Umpire 2	Johns Creek	Watch last half of both hurdle races for infractions
Umpire 3	Pope	Watch break line & 1 <sup>st</sup> curve for cut ins
Umpire 4	Alpharetta	Watch 2 <sup>nd</sup> (far) curve for cut ins
Hurdles	North	Patrick Stafford and Albert Thomas will check hurdles to make sure they are set properly
Blocks	North	
Implement Inspection	North / Chattahoochee / Northview	North will have implement inspection kit.
Jury of Appeals	Chattahoochee, Dunwoody, Centennial, Cambridge	
Meet Referee	Albert Thomas	
Field Event Referee	Patrick Stafford	
Meet Director	George Sanderlin	
Timer & Scorer	Perfect Timing Group	
Clerking	Smart Meets	