



# APS Track & Field High School & Middle School Championships



LAKWOOD STADIUM, 70 CLAIRE DR., Atlanta, 30315

March 25<sup>th</sup> and 28<sup>th</sup>, 2017

## MEET INFORMATION

### General Athlete / Coach Info:

- This meet will include the running event finals for the APS Middle School Championships on Mar. 25<sup>th</sup>. Each middle school final will proceed the similar high school event. For instance, the middle school girls' 100 then M.S. boys 100 final would be run. Then the high school girls and then boys 100 heats would be contested. Note that the M.S. 1600 final will not be run on Mar. 25<sup>th</sup>.
- Entries will be made through Georgia Mile Split at:  
<http://ga.milesplit.com/meets/263704/info#.WMGqOL3ypzw>
- Only two entries per event (including two relays). No substitutions or additions may be made.
- HS Entries open on March 16<sup>th</sup> at noon and are **due by 8:59 PM Thursday, March 23, 2017.**
- Eight athletes in laned track events will advance to finals, unless there are eight or less contestants signed in for the preliminary (heats) round.
- All marks must be verified (in Mile Split). **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 GHSA 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
- GHSA 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 and at least 30 feet away from the nearest field event competition area.
- Relay teams – 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 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.
- **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 in the discus area.
- **Results** will be posted on the wall of the building near the finish line.
- **Implement inspection will be from 8:30 until 8:45.** 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.
- Field **event** contestants in the horizontal jumps and throws will have four attempts with no 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 the starting height for vertical jumps based on entries.
- Minimum marks are:

EVENT	GIRLS MINIMUM MARK	BOYS MINIMUM MARK
Long Jump	14-0	18-0
Triple Jump	31-0	37-0
Shot Put	25-0	33-0
Discus	70-0	90-0

- Competitors walking in a running event will be disqualified and asked to leave the track.
- Coaches meeting near the timing tent at 9:00A on Sat. and 5:30P on Tue.
- Coaches are assigned to help out at each particular venue (see end of document).
- 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 main gate. Athletes should proceed through the main gate to the track and then to the East side stands. **All athletes and team personnel must be in the East side stands.**
- Buses can then proceed to the East side parking lot to park.

**Spectators:**

- Spectator **parking** is in the West lot and come in the main gate.
- **Admission** is \$5 for everyone. Children 5 and younger are free.
- Spectator **seating** is in the West side stands (main entrance).
- Concessions will be available on the West side stands.

**Rain Date:** March 29th.

**Scoring, Trophies and Awards:**

- Medals will be awarded to the top three contestants in each event. Trophies will be awarded to the top three teams. There will also be an award for the boy and girl who score the most field event points, the

boy and girl who score the most running event points and the boy and girl who score the most combined points (must have points in both running and field event(s)).

- Eight places will be scored 10-8-6-5-4-3-2-1. Two contestants can be entered in running and field events and two relay teams can be entered. There can be no substitutions or additions, only scratches.

**Sat. March 25<sup>th</sup> Schedule:**

**8:30 - 8:45** Implement Inspection

**9:00** Coaches Meeting (near timer tent)

**9:30** First round of field events: DI (B), SP (G), LJ (B), TJ (G), and HJ (B)

**10:00** PV (G – B can run together)

**11:00** Second round of field events: DI (G), SP (B), LJ (G), TJ (B), and HJ (G).

**1:00** Qualifying rounds (HS) and Finals (all MS events except the 1600, HS boys' 1600 & HS girls' 3200), unless noted, middle school girls then boys' finals, followed by high school prelims of girls & boys - rolling schedule

4 X 100

1600 Final – HS Girls

400

100

100H MS

100/110H HS

800

200

300 H

3200 Final – HS Boys

4 X 400

**Tuesday, March 28th Schedule (Running Finals):**

**5:30** Coaches Meeting (near timers tent)

**6:00** Finals, girls followed by boys - rolling schedule

4 X 100

1600 Final – Boys

400

100

100/110 H

800

200

300 H

3200 Final - Girls

4 X 400

Awards Ceremony

**Officiating Assignments:**

Event	Schools	Notes
High Jump	Grady, South	
Triple Jump	Jackson, Mays	
Long Jump	North Atlanta, CSK	
Pole Vault	Jackson, BEST	Barry Odom to be head event official
Shot Put	Carver, Douglass	
Discus	Therrell, Washington	

4 X 100 Zone 1	Mays	Need two coaches - one coach to watch front of zone and one to watch back
4 X 100 Zone 2	CSK	Need two coaches - one coach to watch front of zone and one to watch back
4 X 100 Zone 3	BEST	Need two coaches - one coach to watch front of zone and one to watch back
4 X 400 <i>Front</i>	Douglass	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>	Therrell	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	Washington	Watch first half of both hurdles for infractions
Umpire 2	South	Watch last half of both hurdle races for infractions
Umpire 3	North	Watch break line & 1 <sup>st</sup> curve for cut ins
Umpire 4	TBD	Watch 2 <sup>nd</sup> (far) curve for cut ins
Hurdles	Grady	Patrick Stafford and Albert Thomas will check hurdles with Grady to make sure they are set properly
Implement Inspection	North & Carver	North will bring implement inspection kit. Carver will bring marker (green spray paint) for marking.
Meet Referee	Albert Thomas	
Field Event Referee	Patrick Stafford	
Games Committee	Grady, Jackson, North	Del Ellerton, Russell Thomas, Andrea Adderly, George Sanderlin
Jury of Appeals	Grady, Douglass Jackson	
Meet Director	George Sanderlin	