



APS Track & Field High School & Middle School Championships



LAKWOOD STADIUM, 70 CLAIRE DR., Atlanta, 30315

March 26th and 28th, 2016

MEET INFORMATION (rev. 3-15)

General Athlete / Coach Info:

- This meet will also include the running event finals for the APS Middle School Championships on Mar. 26th. Each middle school final will proceed the similar high school event.
- Entries will be made through Georgia Mile Split at: <http://ga.milesplit.com/meets/228107/info>
- Only two entries per event (including two relays). No substitutions or additions may be made.
- HS Entries are due by 9:00 PM Thursday, March 24, 2016.
- **Eight** athletes in laned track events will advance to finals.
- All marks must be verified (in Mile Split). **Manually entered marks will not be accepted and will be entered as “no mark.”**
- Seeding for heats will be by an even distribution of the fastest times.
- Spikes will be checked. There is a **1/4" spike limit**. Spike check will be near Check In. **Spike Check will be from 8:30 to 1:30 Sat. and 5-6:30P Mon.,** so have your athletes do this sooner, rather than later.
- 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**.
- Relay teams **may** use tape as a marker on the track. **Exchange zone judges should remove the tape after the 4 X 100 concludes.**
- **Results** will be posted on the wall of the building near the finish line.
- **Implement inspection will be from 8:15 until 8:30** at the north end of the stadium near Check in and Spike Check. **We will only inspect implements until we get three (3) legal implements for each event.** Athletes will use this common pool of implements for the competition. However, they can warm up with their own implement, as long as it is not rated at the next higher weight (e.g., boys cannot warm up with a collegiate 16 lb. shot, only a 12 lb. one).
- The **check in area** will be at the Northwest corner of the stadium.
- Field **event** contestants will have four attempts with no finals. The first fair mark will be measured. After that, only marks that meet the minimum will be measured. The starting height for vertical jumps will be determined at the coaches meeting on Sat.

- 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 8:45A on Sat. and 5:30P on Mon.
- 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. The coaches' box is the entire area around the outside of the track.
- 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 8 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 26th Schedule:

8:15 - 8:30 Implement Inspection (North end – near check in at NW corner of stadium)

8:30 – 1:30 Spike check (near check in)

8:45 Coaches Meeting (near timer tent) & **8:30 -1:30** Spike Check (near check in)

9:00 First round of field events: DI (B), SP (G), LJ (B), TJ (G), and HJ (B)

10:00 PV (G - B to follow)

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, 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 – MS Girls / Boys & HS Boys

400

100

100H MS

100/110H HS

800

200

300 H

3200 Final – HS Girls

4 X 400

Monday, March 28th Schedule (Running Finals):

5:00 - 6:30 Spike Check (near check in)

5:30 Coaches Meeting (near timers tent)

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

4 X 100

1600 Final – Girls

400

100

100/110 H

800

200

300 H

3200 Final - Boys

4 X 400

Awards Ceremony

Officiating Assignments:

Event	Schools	Notes
High Jump	Grady, South	
Triple Jump	North, Mays	
Long Jump	Jackson, CSK	
Pole Vault	Jackson, BEST	
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 front end of the exchange
Umpire 1	Washington	Watch break line and first half of both hurdles for infractions
Umpire 2	South	Watch last half of both hurdle races for infractions

Hurdles	All	Patrick Stafford and Albert Thomas will check hurdles to make sure they are set properly
Implement Inspection	North & Carver	
Meet Referee	Albert Thomas	
Games Committee	Carver, Grady, Jackson, North	
Jury of Appeals	Carver, Douglass Jackson	
Meet Director	George Sanderlin	