



# CLC Championship Track and Field Meet

## Alexandria Area High School – Tuesday, May 24, 2016



### MEET INFORMATION:

**Entry Deadline: Friday, May 20th at 2:00pm**

**Coaches: [enter athletes at raceberryjam.com](http://raceberryjam.com)**

**Teams Competing:** Alexandria, Brainerd, Fergus Falls, Rocori, St. Cloud Apollo, St. Cloud Tech, Sartell, Sauk Rapids, Willmar

1. **Entries:** 3 entries per school 1 relay team per school
2. **Coaches Meeting:** Meeting begins at 2:15 in the bleachers in front of the press box. Scratches will be made at the meeting. Only non-participating replacements may be entered on the day of the meet at the coaches meeting.
3. **Buses:** After dropping athletes off at camp area, busses will be directed to park on the service drive on the west side of the high school. The service drive is located between the tennis courts and the high school. You will see baseball fields as you enter the driveway. Parking will be available for busses in the north lot after 3:30 pm.
4. **Spectators and camps:** Only meet officials, coaches, and contestants are permitted on the track. All team camps must be on the north end of the field just west of the stadium. **Please keep camps clean!** School is in session until 3:05 so athletes will not be allowed in the school. Warmups can be done on the infield, but no team camps allowed.  
**Turf Infield Protocol: Please remind your athletes that no food or beverages other than water is allowed on the turf field. Absolutely no food, chewing gum, sunflower seeds, allowed inside gate. Please pick up any garbage on field.**
5. **Scoring:** Individual Events: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1
6. **Admission:** Adults \$7.00 Students: \$5.00
7. **National Federation rules and MSHSL modifications will govern the meet.**
8. **Starter:** Lee Fitzharris Referee: Mike Traphagen
9. **Running:** All races will be timed final (NO PRELIMS) Fast heat will be last.  
**Field Events:** top nine individuals will advance to finals. Three jumps or throws in prelims, three additional attempts in the finals.
10. **Clerking:**
  - **Running Events:** Athletes will report to the clerk at the NW corner of track for each race.
  - **Checking out of Field Events:** Running events take precedence over field events. The judge may choose to have an athlete move up out of order and take an earlier attempt. Athletes should be encouraged to check into running events at first call then return to field events. The athlete has ten minutes from the completion of a running event to check back in with the field event judge or the athlete may be disqualified.
  - Pyramid spikes of 1/8" or smaller may be used.
  - Please no tape on the track. We will have tennis balls and chalk for relay exchanges.

- 9- lane track. Lanes will be seeded according to MSHSL.
- All races will be timed finals. Top 9 seeds will be placed in the last heat.
- The 800 will be run in two lane alleys with a 1-turn stagger. Runners will remain in their alley for one turn.
- The 1600 and 3200 will use super alleys.
- The 4 x 400 relay will use a 3-turn stagger (2<sup>nd</sup> runner cuts after the first turn).

#### **11. Field Events:**

- **Pole Vault**
  - From the opening height, the bar will be raised by 1' until eight or fewer participants are alive and then up by 6" until conclusion.
  - Opening height for boys and girls pole vault can be decided at the coaches meeting prior to the meet.
  - The 90 second rule will be enforced.
  - Coaches must verify that pole vault poles are correct size and weight requirement for their vaulters. Bring your verification sheet. (Attached)
- **High Jump**
  - The starting height for both girls and boys will be determined at the coaches meeting.
  - The height will first be adjusted in 2" increments until there are eight participants remaining then by 1".
- **Long and Triple Jump**
  - Three preliminary jumps in flights.
  - Top nine will advance to finals with three additional jumps.
- **Shot Put and Discus**
  - Weigh and check your shot put and discus at the SE shed near the throw area. All equipment must be weighed in by 2:30.
  - Three preliminary throws in flights.
  - Top nine will advance to finals with three additional throws.

#### **12. Awards:**

- The CLC track champion for the boys and girls will be determined by the results of the championship meet and trophies will be awarded at the end of the meet.
- All Conference certificates shall be given by your school to the 1<sup>st</sup> through 3<sup>rd</sup> place finishers in individual events and 1<sup>st</sup> and 2<sup>nd</sup> places in relays. Honorable Mention is 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place individual events and 3<sup>rd</sup> and 4<sup>th</sup> place in relays.
- Results will be live.

#### **13. Rules Committee:**

- A games committee shall consist of the head coach from last year's host school (Brainerd), current years host school (Alexandria), and next year's host school (Apollo). The boys' head coach from these schools will rule on boys meet questions and the girls head coaches will rule on girls' questions.
- CLC Designated schools and the meet referee.
- All meet officials serve as meet umpires with the authority to see and report possible infractions to the rules committee.

**14. Concessions:** Concession stand will be available throughout the meet.

**15. Make-up Date:** Thursday, May 26th will be the make-up day in case of inclement weather.

**16. T-shirts:** a limited number will be available for sale at the concession stand for \$15.00.

# CENTRAL LAKES CONFERENCE CHAMPIONSHIPS

## 2016 MEET SCHEDULE

**Coaches meeting:** The meeting will begin at 2:15 in the bleachers in front of the press box.

### Time Schedule

#### **Field Events**

Girls Discus	3:00	Girls Shot Put	5:00
Boys Shot Put	3:00	Boys Discus	5:00
Girls High Jump	3:00	Boys High Jump	5:00
Girls Long Jump	3:00	Girls Triple Jump	5:00
Boys Triple Jump	3:00	Boys Long Jump	5:00
Boys Pole Vault	3:00	Girls Pole Vault	5:00

#### **Running Events**

4x800 Meter Relay (Girls)	1 Heat	3:30
4x800 Meter Relay (Boys)	1 Heat	3:40
100 Meter Hurdles (Girls)	3 Heats	3:50
110 Meter Hurdles (Boys)	3 Heats	4:00
100 Meter Dash (Girls)	3 Heats	4:10
100 Meter Dash (Boys)	3 Heats	4:20
4x200 Meter Relay (Girls)	1 Heat	4:30
4x200 Meter Relay (Boys)	1 Heat	4:35
1600 Meter Run (Girls)	2 Heats	4:45
1600 Meter Run (Boys)	2 Heats	5:00
4x100 Meter Relay (Girls)	1 Heat	5:15
4x100 Meter Relay (Boys)	1 Heat	5:20
400 Meter Dash (Girls)	3 Heats	5:25
400 Meter Dash (Boys)	3 Heats	5:35
300 Meter Hurdles (Girls)	3 Heats	5:45
300 Meter Hurdles (Boys)	3 Heats	5:55
800 Meter Run (Girls)	2 Heats	6:05
800 Meter Run (Boys)	2 Heats	6:15
200 Meter Dash (Girls)	3 Heats	6:25
200 Meter Dash (Boys)	3 Heats	6:35
3200 Meter Run (Girls)	1 Heat	6:45
3200 Meter Run (Boys)	1 Heat	7:00
4x400 Meter Relay (Girls)	1 Heat	7:15
4x400 Meter Relay (Boys)	1 Heat	7:20