

# 9<sup>th</sup> Annual Real Deal High School Classic Final Instructions

Coaches - Please read and share this information with your team and parents

## Friday, December 7

**1:30** – Doors open & Packet Pickup (If you have not prepaid, please bring check)

**2:10** - Coaches meeting (please ensure you have a representative present)

**2:15** - Girls High Jump check in (starting height - 4'6")

Girls Pole Vault check in (starting height - TBD)

\*Boys Shot Put check in (3 attempts only)

\*Boys Triple Jump check in (3 attempts only)

**2:40** - Check in closes for Girls HJ, PV and Boys SP, TJ)

**2:45** - Field events start (seeded sections will go first)

**NOTES:** a. The Boys High Jump (starting height - 5'6"), Pole vault (starting height - TBD), Girls Shot Put & Triple Jump will start 30 minutes after the conclusion.

\*b. **Every athlete will have at least one attempt measured**, however, the other two attempts must be at least the following in each event to be measured:

Boys Shot Put - 34'

Girls Shot Put - 27'

Boys Triple Jump - 37'

Girls Triple Jump - 30'

Boys Long Jump - 18'

Girls Long Jump - 15'6"

**4:00** - Check in for Girls 55m Hurdles

**4:15** - Running Events start – 55hur prel, 55m prel, 55hur fin, 55m fin, 4 x 800

## Saturday, December 8

**7:00** - Doors open

**7:30** - Long Jump check in Girls – Pit 1 / Boys – Pit 2

**7:30** - Girls 1600m check in

**8:00** - Long Jump and Running events start – 1600m, 4 x 200, 500m, 1000m, 300m, 3200m, 4 x 400

## Other Important Information

1. If any of your coaches do not have a pass (VHSL, etc), please email me their name(s) NLT Thursday, December 6, 12noon.
2. We will use a rolling schedule with girls running first in the event.
3. No blocks allowed except for the 55 Hurdles final and 55m dash final.
4. Awards (top eight in each event) can be picked up after the result is posted at the spectator entrance. Each Individual event winner will receive a trophy, and medals to the top three relay teams, and Individual 2<sup>nd</sup> and 3<sup>rd</sup> place. Fourth thru eight in all events will receive ribbons.
5. There will be a brief Team award ceremony at the conclusion for the top three teams.
6. Admission: \$10 per day; Ages 7 - 12 - \$5 per day
7. Meet program are \$3 and live results will be available.
8. FACILITY RULES: You cannot bring any "fast food" in the facility, and all bags will be checked. No spikes on basketball floor and common areas. Only ¼ spikes on track and spikes will be checked during check in.
9. Please contact me @ 757-348-7976 if you have any other concerns or questions.

Walt Green  
Meet Director