

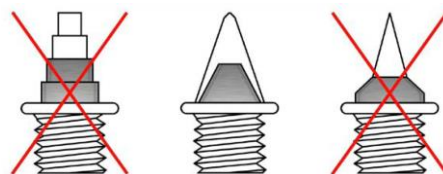
2019 PEARL TRACK & FIELD INVITATIONAL COACHES INFORMATION SHEET

- Each school may enter three (3) contestants in each individual event and one (1) team in each relay. **Athletes may participate in a maximum of four (4) events including relays!!!**
- **Entry Fee:** \$150 per School (**Bring to Meet, DO NOT MAIL!**)
Make Check Payable to **Pearl High School**
- **Scoring:** 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1
- The George & Kaelin Kersh 800 Meter Runs will be by invitation only!
- All running events will be finals with sections against time as needed.
- **Athletes will be given four (4) throws or jumps in the following events: Shot, Discus, Long Jump & Triple Jump**
- **In the shot and discus, the first legal throw by all competitors will be measured. The following will be a minimum distances required for all other throws to be measured!**

Boys Shot 35'
Boys Discus 100'

Girls Shot 25'
Girls Discus 60'

- Athletes must compete in a school issued uniform!!!
- Schools should secure all valuables during the meet. Items with any value should not be left on team buses.
- The only entrance onto the track and infield area will be through the clerk of the course tent!
- Athletes are to warm-up outside the infield fences, **NO WARM UP WILL BE ALLOWED ON THE INFIELD!** On the first call athletes are to report to the Clerk of the Course. Athletes that do not report will be scratched. On the second call athletes will be released to report to the starting line or exchange zone areas. On the third call athletes are to move on to their assigned positions/lanes on the track. Athletes are to move out of the infield-fenced area at the completion of their event. **Athletes should report to the Clerk of the Course ready to compete. Athletes are not to leave warm-ups, flats, bags, etc. at the Clerk tent!**
- **All** field events are contested inside the fenced area of the Pirate Track & Field Facility. **NO ONE WILL BE ALLOWED INSIDE THE INFIELD FENCED AREA EXCEPT ATHLETES PARTICIPATING IN AN EVENT AND COACHES. AFTER THE CONCLUSION OF THE FIELD EVENTS THE INFIELD WILL BE CLEARED! MEET MANAGEMENT WILL DESIGNATE A COACHES AREA LOCATED NEAR THE FINISH LINE ON THE OUTSIDE OF THE TRACK.**
- **Spikes:** Meet personnel will be set up outside the clerk of the course tent to check spikes. Athletes will not be allowed to enter the clerk of the course tent to access the track and infield area without having the correct spikes in their shoes. Approved spikes will be available for purchase. Any athletes competing with the wrong spikes will be disqualified!!! **Only 1/8" or 3/16" pyramid or hex-head spikes are allowed (NO CHRISTMAS TREE or PIN SPIKES)!**



- **MARKERS FOR STEPS AND RELAY EXCHANGES WILL BE FURNISHED!**
- Starting Blocks will be provided! Schools will **NOT** be allowed to use their own blocks!
- **Implement Weigh In:** All throwing implements must be weighted in and approved. The weigh-in area will be located under the Clerk of the Course Tent located in the Northwest corner of the track facility! Only marked implements that meet the required specifications will be allowed in competition! Implements that do not meet specifications will be impounded during the meet. Impounded implements may be picked up after the conclusion of the field events.
- **The stands are for coaches and spectators only. Teams should bring a tarp and some type of shelter!!! Stands are handicap accessible!**
- **Meet Awards:**

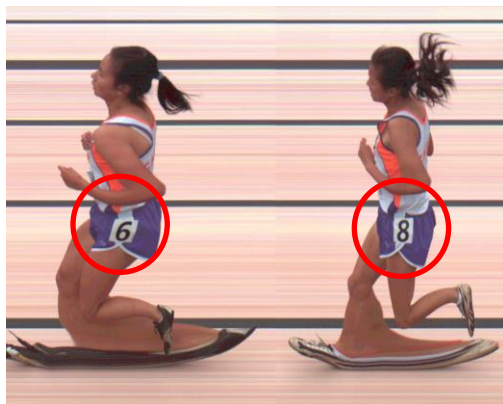
Medals	–	1 st , 2 nd , & 3 rd Places in all Events
Trophies	–	1 st Place Teams
- Starting / Break Lines (color-coded): **Blue:** 110 Hurdles, 4 x 400; **Green:** 4 x 200, Break Line; **White:** 100, 200, 800, 1600, 3200, 100 Hurdles, 300 Hurdles, 4 x 800; **Yellow:** 400, 4 x 100 Relay
- **Exchange Zones (color-coded):**



	<u>4x 100 m Relay</u>	<u>4 x 200 m Relay</u>	<u>4 x 400 m Relay</u>	<u>4 x 800 m</u>
<u>Relay</u>				
1st Exchange	Yellow/Yellow	Green/Green	Blue/Blue	Green/Green
2nd Exchange	Yellow/Yellow	Green/Green	Green/Green	Green/Green
3rd Exchange	Yellow/Yellow	Yellow/Yellow	Green/Green	Green/Green

- A FinishLynx Timing System will be used to time the meet. Hip numbers will be used for all races. These numbers **MUST** be placed on the **LEFT HIP**, **NOT** the thigh and also must be visible (not covered by a jersey)! Also, numbers will be issued to be placed on the **LEFT SHOULDER** In all distance races 800 & over and to each anchor leg of the 4 x 400m & 4 x 800m Relays.

Coaches PLEASE inform your athletes as to the correct position!!!



Correct



Incorrect



Correct

2019 Pearl Track & Field Invitational April 5

SCHEDULE OF EVENTS

11:15 Coaches Meeting

FIELD EVENTS

<u>12:00</u>	Long Jump	-	Boys followed by Girls
	Triple Jump	-	Girls followed by Boys
	High Jump	-	Girls followed by Boys
	Discus	-	Boys followed by Girls
	Shot	-	Girls followed by Boys
<u>12:30</u>	Pole Vault	-	Girls followed by Boys

RUNNING EVENTS

<u>12:30</u>	Girls 4 x 800 Meter Relay*	Girls 3200 Meter Run*
	Boys 4 x 800 Meter Relay*	Boys 3200 Meter Run*

<u>3:00</u>	Girls 100 Meter HH*	Girls 400 Meter Dash*
	Boys 110 Meter HH*	Boys 400 Meter Dash*
	Girls 100 Meter Dash*	Boys 300 Meter IH*
	Boys 100 Meter Dash*	Girls 300 Meter LH*
	Girls 4 x 200 Meter Relay*	Girls 800 Meter Run*
	Boys 4 x 200 Meter Relay*	Boys 800 Meter Run*
	Girls 1600 Meter Run*	Girls 200 Meter Dash*
	Boys 1600 Meter Run*	Boys 200 Meter Dash*
	Girls 4 x 100 Meter Relay*	Girls 3200 Meter Run**
	Boys 4 x 100 Meter Relay*	Boys 3200 Meter Run **
	Kaelin Kersh 800 Meter Run	Girls 4 x 400 Meter Relay*
	George Kersh 800 Meter Run	Boys 4 x 400 Meter Relay*

*Sections against time as needed

**Fastest Heats