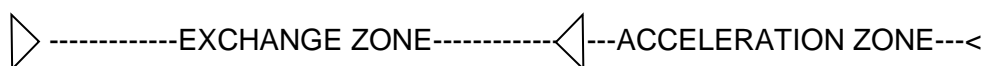


**2019 MHSAA REGION 3-4A & 3-6A MEET
COACHES INFORMATION SHEET**

- **An athlete may participate in a maximum of four (4) events including relays!!!**
- **Entry Fee: \$10.00 per athlete!** Make checks payable to **Pearl High School**
- **Meet Admission: \$5.00**
- Competitors will be given six (6) throws or jumps in the following events: Shot, Discus, Long Jump & Triple Jump
- Competitors competing in the vault must turn in a signed **Pole Vault Confirmation Form** (attached) to the Pole Vault Judge in order to compete!
- Coaches with a team in the relays must turn in a **Relay Entry Confirmation Sheet** (attached) to the clerk of the course. **Any changes made during the meet must be made on the confirmation sheet prior to the end of the meet. This form must be accurate!!!**
- The **top four (4) participants** in each event will qualify for South State. Northwest Rankin High School will host 4A South State and Pearl High School will host 6A South State.
- **Each school will provide one adult to assist running off a field event!**
- **Scoring:** 10 – 8 – 6 – 4 – 2 – 1
- 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 COACHES AND ATHLETES PARTICIPATING AT THE TIME. AFTER THE CONCLUSION OF THE FIELD EVENTS THE INFIELD WILL BE CLEARED!!!**
- **Spikes:** All spikes must be checked and tagged by meet personnel prior to accessing the track and infield area! Meet personnel will be set up outside the clerk of the course tent to check and tag spikes. Approved spikes will be available for purchase. Athletes will not be allowed to enter the clerk of the course tent without having their spikes tagged. Any athletes competing with non-tagged spikes will be disqualified!!! Only 1/8" or 3/16" pyramid or hex-head spikes are allowed (NO PIN CHRISTMAS TREE 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 weighed in and approved in by **10:45 a.m.** by meet personnel. 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!**
- Pole Vault Starting Heights: 6" below lowest qualifying height (6' 0" minimum)
- High Jump Starting Heights: 2" below lowest qualifying height!
- Meet Awards:

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



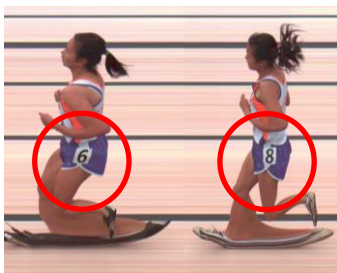
	<u>4x 100 m Relay</u>	<u>4 x 200 m Relay</u>	<u>4 x 400 m Relay</u>	<u>4 x 800 m Relay</u>
1st Exchange	Yellow/Yellow	Orange/Orange	Blue/Blue	Green/Green
2nd Exchange	Yellow/Yellow	Orange/Orange	Green/Green	Green/Green
3rd Exchange	Yellow/Yellow	Yellow/Yellow	Green/Green	Green/Green

- **Meet Assistance: Each school is to provide one adult to help run off a field event!!! These individuals should report to their respective assigned event area 25 minutes prior to the start of their event!!!**

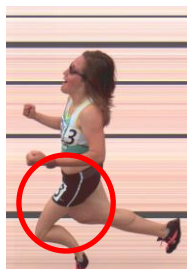
Mendenhall / Lanier
 Newton County / McComb
 NE Jones / George County
 Raymond / Brandon
 Florence / Meridian
 Richland / Jim Hill
 West Lauderdale / Oak Grove
 NE Lauderdale / Petal
 Quitman / Pearl
 South Pike / Terry

Boys Long Jump
 Girls Long Jump
 Boys Triple Jump
 Girls Triple Jump
 Boys High Jump
 Girls High Jump
 Boys Shot
 Girls Shot
 Boys Discus
 Girls Discus

- 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.



Correct



Incorrect



Correct

2019 MHSAA REGION 3-4A & 3-6A MEET

SCHEDULE OF EVENTS

THURSDAY, APRIL 18

2:00 FIELD EVENTS

Long Jump	-	<u>3-4A Boys</u>	Followed by	<u>3-6A Boys</u>
Triple Jump	-	<u>3-6A Girls</u>	Followed by	<u>3-4A Girls</u>
High Jump	-	<u>3-6A Boys</u>	Followed by	<u>3-4A Boys</u>
Shot	-	<u>3-4A Girls</u>	Followed by	<u>3-6A Girls</u>
Discus	-	<u>3-6A Boys</u>	Followed by	<u>3-4A Boys</u>
Pole Vault	-	<u>3-4A & 3-6A Boys</u>	Followed by	<u>3-4A & 3-6A Girls</u>

FOLLOWS COMPLETION OF FIELD EVENTS ABOVE

Long Jump	-	<u>3-4A Girls</u>	Followed by	<u>3-6A Girls</u>
Triple Jump	-	<u>3-4A Boys</u>	Followed by	<u>3-6A Boys</u>
High Jump	-	<u>3-4A Girls</u>	Followed by	<u>3-6A Girls</u>
Shot	-	<u>3-4A Boys</u>	Followed by	<u>3-6A Boys</u>
Discus	-	<u>3-6A Girls</u>	Followed by	<u>3-4A Girls</u>

2:30 4 x 800 METER RELAYS & 3200 METER RUNS

5:00 ALL OTHER RUNNING EVENTS

3-4A Girls 4 X 800 Meter Relay	3-4A Boys 1600 Meter Run	3-4A Girls 4 X 400 Meter Relay
3-6A Girls 4 X 800 Meter Relay	3-6A Boys 1600 Meter Run	3-6A Girls 4 X 400 Meter Relay
3-4A Boys 4 X 800 Meter Relay	3-4A Girls 4 X 100 Meter Relay	3-4A Boys 4 X 400 Meter Relay
3-6A Boys 4 X 800 Meter Relay	3-6A Girls 4 X 100 Meter Relay	3-6A Boys 4 X 400 Meter Relay
	3-4A Boys 4 X 100 Meter Relay	
3-4A Girls 3200 Meter Run	3-6A Boys 4 X 100 Meter Relay	
3-6A Girls 3200 Meter Run		Presentation of Trophies
3-4A Boys 3200 Meter Run	3-4A Girls 400 Meter Dash	
3-6A Boys 3200 Meter Run	3-6A Girls 400 Meter Dash	
	3-4A Boys 400 Meter Dash	
3-4A Girls 100 Meter Hurdles	3-6A Boys 400 Meter Dash	
3-6A Girls 100 Meter Hurdles		
3-4A Boys 110 Meter Hurdles	3-4A Girls 300 Meter Hurdles	
3-6A Boys 110 Meter Hurdles	3-6A Girls 300 Meter Hurdles	
	3-4A Boys 300 Meter Hurdles	
3-4A Girls 100 Meter Dash	3-6A Boys 300 Meter Hurdles	
3-6A Girls 100 Meter Dash		
3-4A Boys 100 Meter Dash	3-4A Girls 800 Meter Run	
3-6A Boys 100 Meter Dash	3-6A Girls 800 Meter Run	
	3-4A Boys 800 Meter Run	
	3-6A Boys 800 Meter Run	
3-4A Girls 4 X 200 Meter Relay		
3-6A Girls 4 X 200 Meter Relay		
3-4A Boys 4 X 200 Meter Relay	3-4A Girls 200 Meter Dash	
3-6A Boys 4 X 200 Meter Relay	3-6A Girls 200 Meter Dash	
	3-4A Boys 200 Meter Dash	
3-4A Girls 1600 Meter Run	3-6A Boys 200 Meter Dash	
3-6A Girls 1600 Meter Run		

Note: If field events are complete or close to becoming complete, be ready to start running finals prior to 5:00 p.m.!!!



Relay Entry Confirmation Sheet

School _____ Boys _____ Girls _____

Invitational _____ Division _____ Region _____ North/South _____ State _____

According to the National Federation Track & Field Rule 4-2-1, a competitor shall not compete in more than four events including relays. Before each relay a copy of this confirmation sheet must be given to the Clerk of the Course before participation at every track meet.

Entries

4 x 100 Meter Relay

1. _____
2. _____
3. _____
4. _____

4 x 200 Meter Relay

1. _____
2. _____
3. _____
4. _____

4 x 400 Meter Relay

1. _____
2. _____
3. _____
4. _____

4 x 800 Meter Relay

1. _____
2. _____
3. _____
4. _____

This list becomes certified when the head coach signs and delivers this form to the Clerk of the Course. Any changes made during the meet **MUST** be updated on this form prior to the end of the meet!

Signature of the Head Coach



Pole Vault Confirmation Sheet

Host School _____ Date of Meet _____

Invitational _____ Division _____ Region _____ North/South _____ State _____

According to the National Federation Track & Field Rule 7-4-5

It is the responsibility of the coach to verify that the vaulter will use a pole rated at or above the vaulter's weight and that legal poles have been provided for that competitor.

Each competition shall affirm by his/her signature that he/she will use the properly rated pole throughout the competition.

Vaulter's Name	Vaulter's Initials	Current Weight	Pole Rating	Coach's Signature
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This form must be presented to the event judge before vaulter is eligible to participate.

School _____

District _____ Division _____

Athletic Director _____

Principal _____

Regional – North/South Meet

**Region – North/South
MHSAA TRACK AND FIELD MEET**

TEAM ROSTER

School _____

Class – 1A, 4A, 3A, 1A, 4A, 6A (circle one)

Boys _____ Girls _____

Region _____ North/South _____

Please print or type entire team in alphabetical order.

Last Name

First Name

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	

Total number of athletes _____ X \$10.00 = \$_____ total entry fee.

Please make copies of this form if necessary.

For the *Region* and *North/South* track meets:

Make check payable to HOST SITE

Mail this entry fee form and check to the HOST SITE