

**Information for the Class A and AA
Track and Field Championships
Penfield High School
May 28, 2016**

Penfield High School, and the Penfield Track and Field Teams welcome you to the 2016 Class A and Class AA Sectional Championships. Below you will find information which will make, hopefully, your day enjoyable and successful.

1. Meet starts at 10:00 a.m.
2. Weigh-ins for the shot and discus will be from 9:00 to 9:45 in the storage area underneath the press box.
3. Coaches' meeting is 9:30 at the finish line. Officials meeting is at the same time where they are weighing the implements
4. Pentathlon order for both the boys and girls will be:
Hurdles, High Jump, Shot, Long Jump, Distance Event
5. Both male and female long jumps will go first, followed by the triple jump. For the Long Jump, the Boys will use the west pit, the Girls will use the East Pit. For the Triple Jump, the Boys will use the east pit, the girls will use the west pit.
6. The Class A Pole Vault pit will be on the south end (near the finish line) the Class AA pit will be the north pit (close to the start of the 100m) Girls will go first, followed by the boys
7. High Jump pits, boys will be the pit to the west (closest to the finish line, the girls will use the east pit. Class A will go first, followed by Class AA. High Jumps, as the pole vault will be Class specific, they will not be combined. (The Pentathlon High Jump will be combined)
8. **Starting Heights , and progression are as follows:**
Girls' Class A High Jump – 4' 4" Girls Class AA High Jump – 4' 4"
For Both, Up 2 inches until 5'0", then up by 1 inch.
Girls' Class A Pole Vault – 6' 6" Girls Class AA Pole Vault – 7'0"
For both, up 6 inches until 10'00, then up by 3 inches
Boys Class A High Jump – 5' 4" Boys Class AA High Jump – 5' 4"
For both, Up 2 inches until 6'0", then up by one inch
Boys Class A Pole Vault – 9' 0" Boys Class AA Pole Vault – 9' 6"
For both, up by 6 inches until 12'0", then up by 3 inches.
9. For pentathlon, 30 minutes between events, raise bar by 5 cm.
10. In the long jump, triple jump, shot, and discus, athletes will get 4 trials, no finals
11. Athletes have 10 minutes to leave one event to go to another.
12. Athletes may use chalk or tape for marking materials, They may have 2 check marks.
13. In distance events, where needed, we will use a one turn box. In the 4 x 400m relay, we will use a 3 turn stagger.
14. Athletes will be given 15 minutes between flights.
15. It will be Class A, then Class AA

16. Illegal implements will be put in the press box, Please collect them upon conclusion of the meet.
17. There will be coaches' boxes at the field events.
18. Upon clerking in, there will be a warm up pen in the infield for the athletes.
19. **Top portion of the uniform must be tucked in, so that the hip numbers can be seen.**
REMEMBER, ATHLETES WEARING ILLEGAL UNIFORMS MAY BE DISQUALIFIED. SHORTS WILL THE NAME OF THE MANUFACTURER AROUND THE WASTE BAND IS AN ILLEGAL UNIFORM.
20. Blocks will be provided. You may use your own blocks.
21. **3/16th inch spikes or shorter may be used. Spikes will be on sale at the meet, and they will be checked.**
22. Per section five rules, schools must bring 2 workers for assigned positions in the field events. If a school does not provide workers, either their coaches or their athletes entered in the event will be required to work. Jobs are as follows:

Event	Class AA	Class A
Boys Discus	Rush Henrietta	Spencerport
Girls Discus	Fairport	Sutherland
Boys Shot Put	Churchville Chili	HFL
Girls Shot Put	Edison	Wilson
Boys Long Jump	McQuaid	Brighton
Girls Long Jump	Franklin	Mercy
Boys Triple Jump	Schroeder	Brockport
Girls Triple Jump	Gates Chili	Irondequoit
Boys Pole Vault	Hilton	Eastridge
Girls Pole Vault	Penfield	Canandaigua
Boys Pentathlon	Athena	
Girls Pentathlon	Penfield	
Hurdle Crew	Penfield	
Block Holders	All Schools	All Schools
Awards		East/ Penfield
Jury of Appeals	A – East, McQuaid, Penfield	
	AA – HFL, Wilson, Eastridge	

23. **Admission price - \$5.00**
24. **There is construction going on at Penfield, resulting in one of the parking lots being off limits. There will be parking attendants directing traffic at the high school. Please follow their directions. In addition, there is additional parking at the Penfield library and recreation center on Baird Road. Schools may consider unloading at that location, it is closer to the track.**
25. Programs will be on sale. Proceeds go to the Section V Track Hall of Fame.
26. Shirts and other items will be on sale.
27. Good luck to all.