

Class CC/B Sectionals
May 26, 2017

- **Event Order-** Class CC will be followed by Class B
- **Weigh-Ins**
Weigh-Ins for shot, discus and pole vault competitors will begin at 3:45 at the area at the end of the track.
Coaches Meeting will start at 4:15PM at midfield
- **Officials Meeting** will be held at 4 PM at midfield
- **Scratch forms and appeals forms** will be found at the clerking area and will be turned in at the same location
- **Infield Access** - Only competing athletes, HFL personnel and Section Five Officials and Coordinators will be allowed on the infield. Coaches of field events may help athletes get their marks but are expected to leave the event area when competition begins. Coaches will only be allowed inside the track if they need to speak with the Meet Director or site director
- **Tents**-the area for tents is located on the backstretch or behind the bleachers. Teams are not permitted to set up on the bleachers.
- **Pole Vault** warm-ups will begin at 4:15 with the goal of beginning pole vault by 4:45.
- **Coaching boxes** for long/triple jump, high jump and pole vault will be set up outside the track.
- **Scratch rule** is in effect. Once an athlete has checked in, he/she is considered to have entered the event.
- Long Jump, Triple Jump, Shot Put, and Discus will be run in 2 flights for each class. Each competitor will have four attempts. There will be no Finals.
- Warm up time for long, triple, shot put and discus will be 20 minutes.

INFORMATION FOR ATHLETES:

- **Running Event Check-in** - Clerking area will be beyond the finish line-once an athlete clerks in, he/she is responsible for being at the start line. There is a warm-up area located near the clerking area.
- **Field Event Check-in** - Athletes in field events should report to the site of their event for check in prior to the start of competition
- **Check-out time** - Field event athletes will be allowed 15 minutes to return to their event after leaving. Officials should use common sense (if athlete is leaving for Steeplechase, he/she may need more time than 15 minutes).
- You may use up to 1/8 inch spikes.
- You may use athletic tape on the track, runways and high jump area. It is requested that your athletes pick up tape when done.
- Athletes should not jump the fences.
- A reminder that uniform and jewelry rule is in effect. Also, remind athletes that electronic devices (IPOD, cell phones) are not allowed in competition areas.

DISTANCE RACE INFORMATION:

Middle Distance and Distance Running Events (Girls and Boys both Classes)

| | |
|-------------------|----------------------|
| 800 | One-turn box stagger |
| 1500 | Waterfall start |
| 1600 | One-turn box stagger |
| 3000 | Waterfall start |
| 3200 | One-turn box stagger |
| 2000 Steeplechase | Waterfall start |
| 3000 Steeplechase | Waterfall start |
| 4 x 400 Relay | Three-turn stagger |
| 4 x 800 Relay | On-turn box stagger |

PENTATHLON INFORMATION:

Pentathlon Order

Girls Class CC and B

100m Hurdles

Shot Put

High Jump

Long Jump

800m Run

Boys Class CC and B

110m Hurdles

Long Jump

High Jump

Shot Put

1500m Run

Pentathlon Long Jump and Shot Put will be run by class. High Jump will have classes combined.

FIELD EVENT ORDER:

| | |
|---------------------------|---|
| Shot Put | <p>Behind scoreboard</p> <ol style="list-style-type: none"> 1. Boys Class CC followed by Class B 2. Girls Class CC followed by Class B 3. On a separate pad, Girls Pent Class CC followed by Class B 4. Boys Pent Class CC followed by Class B |
| Discus | <p>Behind the scoreboard</p> <ol style="list-style-type: none"> 1. Girls Class CC and Girls Class B 2. Boys Class CC and Boys Class B |
| High Jump | <p>Regular HJ outside the track, Pentathlon HJ next to Steeplechase</p> <ol style="list-style-type: none"> 1. Girls Pent Class CC and Class B following Shot Put and completion of Steeplechase 2. Boys Pent Class CC and Class B following long jump and completion of Steeplechase 3. Boys Class CC followed by Boys Class B 4. Girls Class CC followed by Girls Class B |
| Pole Vault | <p>In front of the scoreboard</p> <ol style="list-style-type: none"> 1. Girls Class CC and Girls Class B 2. Boys Class CC and Boys Class B |
| Long Jump/ Triple Jump | <p>Outside the track and even with 100</p> <ol style="list-style-type: none"> 1. Girls and Boys Class CC long jump followed by Girls and Boys Class B 2. Girls and Boys Class CC triple Jump followed by Girls and Boys Class B 3. Boys Pent Class CC followed by Class B will compete on the third long jump runway. 4. Girls Pent Class CC followed by Class B will compete when they are done with high jump on the third long jump runway. |

- **Starting Heights**

Boys Pole Vault Class CC and B

Start at 8-6

Increase by 9" to 10-0

Increase by 6" to 12-0

Increase by 3" thereafter

Girls Pole Vault Class CC and Class B

Start at 6-0

Increase by 9" to 7-6

Increase by 6" to 9'

Increase by 3" thereafter

Girls High Jump Class CC and Class B

Start at 4-3

Increase by 3" to 5-0

Increase by 1" thereafter

Boys High Jump Class CC and Class B

Start at 5-0

Increase by 3" to 6'

Increase by 1" thereafter

Girls Pent High Jump

Starts at 1 m

Increase by 5 cm

Boys Pent High Jump

Starts at 1.3 m

Increase by 5 cm

Note: If requested you may start lower than the above for Pent High Jump. However, you then go up by 5 cm from the height you started at.

HFL extends a warm welcome to you and your athletes. We hope you enjoy our facility and wish you the best of luck this Friday!