

## Class D/C Sectionals

May 27, 2017

- **Event Order-** Class D will be followed by Class C
- **Weigh-Ins** - Weigh-Ins for shot and discus will begin at 8:30 AM near the shot circle  
Weigh-Ins for pole vault competitors will begin at 8:30 AM at the Fieldhouse across the road from the pole vault runways.  
**POLE VAULT WARM-UPS WILL BEGIN @ 9:30 AM – POLE VAULT BEGINS @ 10 AM SHARP**
- **Coaches Meeting** will start at 9:15AM at midfield
- **Officials Meeting** will be held at 9 AM 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, Lyons School 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 in the South grass area.
- **Pent high jump will be completed before the open high jump**
- **There will be labeled coaching boxes for the HJ, LJ, TJ and PV.**

### INFORMATION FOR ATHLETES:

- **Running Event Check-in** - Clerking area will be NEAR THE 100 METER START of the track-once an athlete clerks in, he/she is responsible for being at the start line. The clerk will not hold them.
- **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 3/16 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	Waterfall start

**PENTATHLON INFORMATION:**

Pentathlon Order

Girls Class D and C

- 100m Hurdles
- High Jump
- Long Jump
- Shot Put
- 800m Run

Boys Class D and C

- 110m Hurdles
- High Jump
- Shot Put
- Long Jump
- 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><b>Southwest corner of the track near bleachers</b></p> <ol style="list-style-type: none"> <li>1. Girls Class D followed by Class C</li> <li>2. Boys Class D followed by Class C</li> <li>3. On a separate pad, Boys Pent Class D followed by Class C</li> <li>4. Girls Pent Class D followed by Class C</li> </ol>
Long Jump/ Triple Jump	<p><b>On the North end of the track – 2 pits- Boys East, Girls West</b></p> <ol style="list-style-type: none"> <li>1. Girls and Boys Class D long jump followed by Girls and Boys Class C</li> <li>2. Girls and Boys Class D triple Jump followed by Girls and Boys Class C</li> <li>3. Girls Pent Class D followed by Class C will compete when they are done with high jump and we can appropriately fit them in.</li> <li>4. Boys Pent Class D followed by Class C will compete when they are done with shot put and we can appropriately fit them in.</li> </ol>
High Jump	<p><b>On the South end of the track- 2 pits- Boys East, Girls West</b></p> <p>With two pits, the boys and girls Pent. high jump will be held at the same time.</p> <ol style="list-style-type: none"> <li>1. Girls Pent Class D and Class C</li> <li>2. Boys Pent Class D and Class C</li> </ol> <p>After pent HJ open HJ will begin with Boys then Girls to follow</p> <ol style="list-style-type: none"> <li>3. Boys Class D and Boys Class C</li> <li>4. Girls Class D and Girls Class C</li> </ol>
Discus	<ol style="list-style-type: none"> <li>1. Boys Class D followed by Boys Class C</li> <li>2. Girls Class D followed by Girls Class C</li> </ol>
Pole Vault	<p><b>On the North end of the track 2 pits- Boys East, Girls West</b></p> <ol style="list-style-type: none"> <li>1. Girls Class D and Class C</li> <li>2. Boys Class D and Class C</li> </ol>

• **Starting Heights**

Boys Pole Vault Class D

- Start at 7-0
- Increase by 6” to 11’
- Increase by 3” thereafter

Girls Pole Vault Class D & C

- Start at 6-0
- Increase by 6” to 8
- Increase by 3” thereafter

Boys Pole Vault Class C

- Start at 8- 0
- Increase by 6” to 11’
- Increase by 3” thereafter

Boys High Jump Class D

Start at 4'10"

Increase by 3" to 5-7

Increase by 2" to 5'11"

Increase by 1" thereafter

Girls High Jump Class D & C

Start at 4-0

Increase by 3" to 4-6"

Increase by 2" to 5-0

Increase by 1" thereafter

Boys High Jump Class C

Start at 5'0"

Increase by 3" to 5-6

Increase by 2" to 6-0

Increase by 1" thereafter

Girls Pent High Jump

Boys Pent High Jump

**Note: Pent High Jump will start at height based on competitors entered lowest height. However, the bar will go up in increments of 5 cm from that starting height**

- 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.

Lyons Central School extends a warm welcome to you and your athletes.  
We hope you enjoy our facility and wish you the best of luck this Saturday!