

LCAA
Track & Field Championships
2018

Friday, May 18, 2018 at Cal-Mum

Coaches Meeting: 4:15pm

Starting Time: 4:30pm (Field events and Running Events)

Order of Events:

In all running events the following sequence will be used: Girls then Boys

Field Events:

Long Jump: open pit, followed by **Triple Jump** : open pit

High Jump: Boys first, followed by Girls

Shot Put: Boys first, followed by Girls **Discus:** Girls first, followed by the Boys

Pole Vault: Girls Thursday, Boys Friday

Locations:

Long Jump Pits are located outside the of track **(4:45pm - 6:15pm)**

Girls Pit: Pit 1:North (Closest to the track)

Boys Pit: Pit2 : South (Furthest from the track)

Triple Jump: Pits are located outside the of track **(6:45pm - 8:15pm)**

Girls Pit: Pit 1: North(Closest to the track)

Boys Pit: Pit2: South(Furthest from the track)

High Jump: (Pit 1: Closest to the starting line)

Pole Vault: Inside of the track by the 100m start

Shot Put: Into the stones

Pentathlon Shot Put: Into the grass

Pentathlon High Jump: Boys' pentathlon on Pit 2 Furthest from the start/finish line

Number of Attempts:

FOUR (4) attempts in the Long Jump, Triple Jump, Shot Put & Discus.

Three (3) attempts for the pentathlon

Spike length is 1/8" for all areas..

Athletes may use tape for marks, providing athletes remove the tape when done competing.

High Jumpers may set two (2) marks.

Starting Heights:

High Jump: Boys 4'4", 4'7", 4' 10", 5' 1" (2 in increments up to 5'11"ft, 1in thereafter)
Girls 4'1" (2 in increments up to 4ft 11in, 1in thereafter)

Pole Vault: Boys – 7' 7" (6in increments up to 10ft 1in, 3in thereafter)
Girls – 5' 7" (6in increments up to 8ft 1in, 3in thereafter)

Staggers/Boxes:

800m Run: 1 Turn Box 1600m: 1 turn box,
3200m 2turn box
3000m run : 1 Turn Box
Girls 1500m Run - waterfall start
3200 relay Waterfall
1600 Relay - 3 turn stagger

Pentathlon Field and Running events order :

Girls Order: 100 Hurdles, High Jump, Shot, Long Jump and 800m.
(Thursday)

Boys Order: 110 Hurdles, Shot Put, High Jump, Long Jump, and 1500m.
(Thursday)

Pentathlon HJ Starting Heights: Girls: 3' 4" (up by 2" to 5 ft, 1 in thereafter)
Boys: 4' 4" (up by 2"to 6ft, 1 in thereafter)

Excused Athlete Clarification:

Excused time limit will be TWENTY (20) minutes. However, in the High Jump and Pole Vault, if the athlete does not report back within TEN (10) minutes after the last competitor has initiated their final attempt, the bar will be raised and *not* lowered.

All Running events will clerk in at the far end of the **track under the maroon and white tent** by the 100 meter start. **Athletes should report on 2nd call.**

Make sure all athletes are following the uniform rule. Undergarment shirts must be a solid color (No writing showing through). Relay teams must be the same but, may have one different.

Cal-Mum will provide all starting blocks. 1/8 " Pin Spikes

No electronic devices in the track and field competition area's. That means no boom boxes anywhere, no I-pods, mp3 players, video cameras, cell phones etc.

Competition Area's: High Jump, Pole vault Inside the Track fence

Long Jump and Triple Jump Jumping runways area

Shot Put and Discus: Grass area by the throwing area and Throwing Sectors

All Sectional entries on-line must be submitted by Sunday, May 20th by 9pm.

Also make sure Maura and Al have your Sectional Roster sheets.

Make sure you check on your job assignments both at Sectionals and State qualifier, they will be on-line.

Please have adult workers do that job.