

**Class CC/B Sectionals**  
**May 28, 2018**

- **Event Order**- Class CC will be followed by Class B
- **Weigh-Ins** - Weigh-ins for pole vault competitors will begin at 8:45 in the shed located near the long and triple jump area. Weigh-ins for implements will begin at 8:45 and will be located on the tennis courts.
- **Officials Meeting** will be held at 9:00 am at midfield
- **Coaches Meeting** will start at 9:15 am at midfield
- **Appeals forms** will be found at the clerking area and will be turned in at the same location
- **Infield Access** - Only competing athletes, Avon 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**-Tents should be set up on the baseball field located near the tennis courts.
- **Pole Vault** warm-ups will begin at 9:30 am.
- **Coaching boxes** for long/triple jump, high jump and pole vault will be set up near the events.
- **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 outside the track near the tennis courts under the large tent. **Once an athlete clerks in, he/she is responsible for being at the start line.** There is a warm-up area set up for athletes.
- **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 an athlete is leaving for Steeplechase, 4 x 800, 3000/3200, he/she will need more time than 15 minutes and a reasonable amount should be accommodated).
- 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	Waterfall start
2000 Steeplechase	Waterfall start
3000 Steeplechase	Waterfall start
4 x 400 Relay	Three-turn stagger
4 x 800 Relay	One-turn box stagger

**For box start, inside runners should be 1,4,5,8,9,12,13,16. Outside runners should be 2,3,6,7,10,11,14,15.**

**PENTATHLON INFORMATION:**

Pentathlon Order

Girls Class CC and B

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

Boys Class CC and B

- 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. **The Games Committee reserves the right to alter the order if field event sites are not available.**

**FIELD EVENT ORDER:**

Shot Put	<p><b>Behind tennis courts and will use the west circle which is closest to the discus area.</b></p> <ol style="list-style-type: none"> <li>1. Boys Class CC followed by Class B</li> <li>2. Girls Class CC followed by Class B</li> <li>3. <b>On the east circle</b>, Girls Pent Class CC will be followed by Class B</li> <li>4. Boys Pent Class CC will be followed by Class B</li> </ol>
Discus	<p><b>Behind the tennis courts</b></p> <ol style="list-style-type: none"> <li>1. Girls Class CC followed by Girls Class B</li> <li>2. Boys Class CC followed by Boys Class B</li> </ol>
High Jump	<p><b>North end of the track</b></p> <ol style="list-style-type: none"> <li>1. Girls Pent Class CC and Class B on the west pit</li> <li>2. Boys Pent Class CC and Class B on the east pit</li> <li>3. After Pent, Boys Class CC followed by Boys Class B on the east pit</li> <li>4. After Pent, Girls Class CC followed by Girls Class B on the west pit.</li> </ol>
Pole Vault	<p><b>Boys Pole Vault will be on the South end of the track near the Steeplechase water pit. The Girls Pole Vault will be at the North end of the track near the long/triple runways.</b></p> <ol style="list-style-type: none"> <li>1. Girls Class CC followed by Girls Class B</li> <li>2. Boys Class B followed by Boys Class CC</li> </ol>
Long Jump/ Triple Jump	<p><b>North end of the track. Boys will use north runway while the girls will use south runway.</b></p> <ol style="list-style-type: none"> <li>1. Girls and Boys Class CC long jump followed by Girls and Boys Class B</li> <li>2. Girls and Boys Class CC triple Jump followed by Girls and Boys Class B</li> <li>3. Boys Pent Class CC followed by Class B will compete upon completion of shot put and will be inserted between flights</li> <li>4. Girls Pent Class CC followed by Class B will compete upon completion of shot put and will be inserted between flights</li> </ol>

- **Starting Heights**

Boys Pole Vault Class CC and B

Start at 8-6

Increase by 9" to 9-6

Increase by 6" to 11-0

Increase by 3" thereafter

Girls Pole Vault Class CC and Class B

Start at 6-9

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 4-6

Increase by 2" to 5'

Increase by 1" thereafter

Boys High Jump Class CC and Class B

Start at 5-0

Increase by 3" to 5-6

Increase by 2" 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.

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