

Class CC/AA Sectionals
May 25, 2019

- **Event Order**- Class CC will be followed by Class AA (Except boys PV)
- **Weigh-Ins** - Weigh-Ins for shot and discus will begin at 8:30 AM and will be located between the tennis courts and the track on the grass to the right of the bleachers.
Weigh-Ins for pole vault competitors will begin at 8:30 AM in the shed near the long and triple jump area.
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, Avon 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
- **Track Warm up area:** Flagged off area on the turf. (No food on the turf.)
- **Tents**-the area for tents is on the baseball field located near the tennis courts.**(No tents on the infield)**
- **Pent high jump will be completed before the open high jump**
- **There will be labeled coaching boxes for the HJ, LJ, TJ and PV 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 are no Finals**
- **Warm up times:** High Jump, Long Jump, Triple Jump, Shot put and discus will be 20 minutes.
Pole vault 30 minutes.

INFORMATION FOR ATHLETES:

- **Running Event Check-in** - Clerking area will be outside the track near the tennis courts. 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, 4 x 800, 3000, 3200, he/she may need more time than 15 minutes).
- You may use up to 1/4 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	In lanes with a one turn 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 CC and AA

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

Boys Class CC and AA

- 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>Behind the Tennis Courts and will use the west circle closest to the discus area.</p> <ol style="list-style-type: none"> 1. Girls Class CC followed by Class AA 2. Boys Class CC followed by Class AA 3. On the East Circle, Girls Pent Class CC followed by Class AA 4. Boys Pent Class CC followed by Class AA
Discus	<p>Behind the Tennis Courts</p> <ol style="list-style-type: none"> 1. Boys Class CC followed by Boys Class AA 2. Girls Class CC followed by Girls Class AA
Long Jump/ Triple Jump	<p>On the North end of the track. Boys South pit closest to the track. Girls North pit furthest from the track.</p> <ol style="list-style-type: none"> 1. Girls and Boys Class CC long jump followed by Girls and Boys Class AA 2. Girls and Boys Class CC triple Jump followed by Girls and Boys Class AA 3. Girls Pent Class CC followed by Class AA will compete when they are done with Shotput and we can appropriately fit them in. 4. Boys Pent Class CC followed by Class AA will compete when they are done with shot put and we can appropriately fit them in.
High Jump	<p>On the North end of the track- 2 pits- Boys East, Girls West With two pits, the boys and girls Pent high jump will be held at the same time.</p> <ol style="list-style-type: none"> 1. Girls Pent Class CC and Class AA 2. Boys Pent Class CC and Class AA <p>After pent HJ open HJ will begin with Boys then Girls to follow</p> <ol style="list-style-type: none"> 3. Boys Class CC and Boys Class AA 4. Girls Class CC and Girls Class AA
Pole Vault	<p>Girls Pole Vault will be on the North end of the track by the long/ Triple runways. Boys Pole Vault will be on the South end of the track by the steeplechase water pit.</p> <ol style="list-style-type: none"> 1. Girls Class CC and Class AA 2. Boys Class AA and Class CC

- **Starting Heights**

Boys Pole Vault Class AA

Start at 9' 0"

Increase by 6" to 12' 6"

Increase by 3" thereafter

Girls Pole Vault Class CC

Start at 5' 6"

Increase by 6" to 7' 0"

Increase by 3" thereafter

Boys Pole Vault Class CC

Start at 8' 6"

Increase by 6" to 10'

Increase by 3" thereafter

Girls Pole Vault Class AA

Start at 6' 6"

Increase by 6" to 9'

Increase by 3" thereafter

Boys High Jump Class CC

Start at 4' 11"

Increase by 2" to 5' 11"

Increase by 1" thereafter

Girls High Jump Class CC

Start at 4' 2"

Increase by 2" to 4' 8"

Increase by 1" thereafter

Boys High Jump Class AA

Start at 5' 2"

Increase by 2" to 6' 0"

Increase by 1" thereafter

Girls High Jump Class AA

Start at 4' 2"

Increase by 2" to 4' 10"

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

- Open Long Jump, Triple Jump, Shot Put, and Discus each competitor will have **four attempts**

Avon 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!