

Class B2 Sectionals

- **Weigh-Ins** - Weigh-Ins for shot and discus will begin at 4pm by the storage shed.
No Weigh-Ins for pole vault competitors.
POLE VAULT WARM-UPS WILL BEGIN @ 4:30 pm – POLE VAULT BEGINS @ 5pm SHARP
- **Coaches Meeting** will start at 4:30pm at midfield
- **Officials Meeting** will be held at 4:15pm at midfield
- **Scratch forms and appeals forms** will be found in the press box and should be turned into the head referee/Head field Judge.
- **Infield Access** - Only competing athletes, 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**-There will be signs for schools to set up tents. Most of the schools will be along the baseball outfield, which is next to the North end of the track.
- **Pent high jump will be completed before the open high jump**
- **There will be labeled coaching boxes for the SP, Discus, HJ, LJ, TJ and PV.**

INFORMATION FOR ATHLETES:

- **While outside athletes and coaches will not have to wear a mask. If they need to go inside a mask will be required.**
- **Running Event Check-in** - Number area will be NEAR THE 100 METER finish. All running athletes will get their numbers and place it on their left hip (Tuck in Shirts). Athletes are responsible for being at the start line to report to the line clerk before their race.
- **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 20 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 20 minutes).
- **Warm-ups: PV 30 min, HJ: 20 min, LJ, TJ, Shot, Discus 15 min**
- 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 in lanes
1500	Waterfall start
1600	One-turn box stagger
3000	One-turn box stagger
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

100m Hurdles

High Jump

Long Jump

Shot Put

800m Run

Boys

110m Hurdles

High Jump

Shot Put

Long Jump

1500m Run

FIELD EVENT ORDER:

Shot Put	Girls followed by Boys (1 flight of each) On a separate pad, Boys Pent then Girls Pent
Long Jump/ Triple Jump	On the South end of the track – 2 pits- Boys East, Girls West Boys towards the building Girls away from the building Long Jump followed by Triple Jump (one flight of each) Pentathlon Long jumps will fit in after a flight is completed.
High Jump	On the South 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. After Pent HJ, open HJ will begin. Boys and Girls
Discus	Boys followed by Girls
Pole Vault	One Pit Girls followed by Boys

- **Starting Heights**

Boys Pole Vault

Start at 6' 6"
Increase by 6"

Girls Pole Vault

Start at 5'6",6'0",6'6", Increase by 3" there after

Boys High Jump

Start at 5' 0"
Increase by 2" to 6ft, 1in there after

Girls High Jump

Start at 3'9", 4'0",4'3",4'6", 4'8",4'10" increase by 1 in

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 1 flight for Boys and 1 flight for Girls
- . Each competitor will have **four attempts**. There will be no Finals.

Sectional Order of Track Events 2021

Running events:

Heats – Slow to Fast

Girls Pent 100m High Hurdles

Girls 100m High Hurdles

Boys Pent 110m High Hurdles

Boys 110m High Hurdles

Girls 4x800m Relay

Boys 4x800m Relay

Girls 100m Dash

Boys 100m Dash

Girls 2000m Steeplechase

Boys 3000m Steeplechase

Girls 400m Dash

Boys 400m Dash

Girls 1500m

Boys 1600m

Girls 4x100m Relay

Boys 4x100m Relay

Girls 400m Low Hurdles

Boys 400m Intermediate Hurdles

Girls 800m

Boys 800m

Girls 200m

Boys 200m

Girls 3000m

Boys 3200m

Girls Pent. 800m (if ready)

Boys Pent. 1500m (if ready)

Girls 4x400m Relay

Boys 4x400m Relay

**** If both the boys and girls pentathletes are not ready to run their 800/1500 there will be a 20 minute break. If either or both groups are ready during the 20 minute break they will run when ready. If still not ready at the end of the events will continue and the pentathletes will run as soon as they are ready.

Field Events

(4 Jumps and 4 Throws)

First Events:

Long Jump Girls and Boys

Discus Boys

Shot Put Girls

High Jump Boys and Girls

Pole Vault Girls

Second Events:

Triple Jump Girls and Boys

Discus Girls

Shot Put Boys

Pole Vault Boys

Pentathlon Order of Events

Girls

100 High Hurdles

High Jump

Long Jump

Shot Put

800 m Run

Boys

110 High Hurdles

High Jump

Shot Put

Long Jump

1500 m Run