

Class B3 – B4 Sectional Information

- **Weigh-Ins** - Weigh-Ins for shot and discus will begin at 4pm by the storage shed. (Start of the 100m dash)
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 take place at 4:15pm at midfield
- **Scratch forms and appeals forms** can 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**- The area for tents will be outside the track fence on the soccer fields and by the side of the High School building.
- **Pent high jump will take place before the open high jump**
- **There will be labeled coaching boxes for the SP, Discus, HJ, LJ, TJ, and PV.**

INFORMATION FOR ATHLETES:

- **Running Event** – Girls then Boys Class B4 then Class B3
- **Running Event Check-in** – Check in area will be NEAR THE 100 METER Start. All runners in laned events will wear one number on their left hip (Tuck in Shirts). Un-laned races will wear one number on their left hip and a left chest. 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 15 minutes to return to their event after leaving. Officials should use common sense (if athlete is leaving for a distance race Steeplechase, 1500/1600, 3000/3200, 4 x 800 m relays he/she may need more time than 15 minutes).
- **Warm-ups: PV 30 min, HJ: 20 min, LJ, TJ, Shot, Discus 15 min**
- 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 rules are in effect. Also, remind athletes that electronic devices (IPOD, cell phones, ear buds, ...) are not allowed in competition areas.

DISTANCE RACE INFORMATION:

Middle Distance and Distance Running Events (Girls then Boys)

800	one turn in lanes	2000 Steeplechase	Waterfall start
1500	Waterfall start	3000 Steeplechase	Waterfall start
1600	One-turn box stagger	4 x 400 Relay	Three-turn stagger
3000	One-turn box stagger	4 x 800 Relay	Waterfall start
3200	One-turn box stagger		

PENTATHLON INFORMATION:

Pentathlon Order

Girls

100m Hurdles

High Jump

Shot Put

Long Jump

800m Run

Boys

110m Hurdles

High Jump

Shot Put

Long Jump

1500m Run

Pentathlon High Jump, Shot Put and Long Jump events will be both classes together.

FIELD EVENT ORDER:

Shot Put	Boys followed by Girls (1 flight of each Class) (Class B4, Class B3) On a separate pad, first pentathlon gender finished with High Jump Second pentathlon gender will use the open Shot Pad.
Long Jump/ Triple Jump	Pits are located at the end of the 100m dash outside the track Boys Pit: Pit 2 : (Furthest from the track) Girls Pit: Pit 1: (Closest from the track) Long Jump followed by Triple Jump (one flight per Class) Pentathlon Long jumps will fit in after an open flight is completed.
High Jump	Boys pit: Closest to the long jump pits Girls pit furthest from the long jump pits With two pits, the Boys and Girls Pent. high jump will take place at the same time. After Pent HJ, open HJ will begin. Boys and Girls
Discus	Girls followed by Boys (1 flight for each Class) (Class B4, Class B3)

- **Starting Heights**

Boys Pole Vault

Class B4

Start at 7' 0"
Increase by 6" to 9'0, increase by 3" thereafter

Class B3

Start at 7' 0"
Increase by 6" to 9'6" increase by 3" thereafter

Girls Pole Vault

Class B4

Start at 5'6"
Increase by 6" to 7' 0", increase by 3" thereafter

Class B3

Start at 5'6"
Increase by 6" to 7' 0", increase by 3" thereafter

Boys High Jump

Class B4

Start at 4' 8", 4' 11", 5' 2"
Increase by 2" to 6ft, 1in thereafter

Class B3

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

Girls High Jump

Class B4

Start at 4'0" Increase by 2" to 5ft, 1in thereafter

Class B3

Start at 4'0" Increase by 2" to 5ft, 1in thereafter

Girls Pent High Jump

Classes B4 and B3

Start at 1.27 m
Will go up by 5 cm

Boys Pent High Jump

Classes B4 and B3

Start at 1.00 m
Will go up by 5 cm

- Long Jump, Triple Jump, Shot Put, and Discus will be 1 flight for each Boys Class and 1 flight for each Girls Class
- Each competitor will have **four attempts**. There will be no Finals.
- Pentathlon competitors will have **three attempts**.

Sectional Order of Track and Field Events 2022

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 Girls

Shot Put Boys

High Jump Boys and Girls (After Pentathlon High Jumps)

Pole Vault Girls and Boys

Second Events:

Triple Jump Girls and Boys

Discus Boys

Shot Put Girls

Pentathlon Order of Events

Girls

100 High Hurdles

High Jump

Shot Put

Long Jump

800 m Run

Boys

110 High Hurdles

High Jump

Shot Put

Long Jump

1500 m Run

Cal-Mum Site Map:

Discus

Pentathlon Shot Put

Open Shot Put

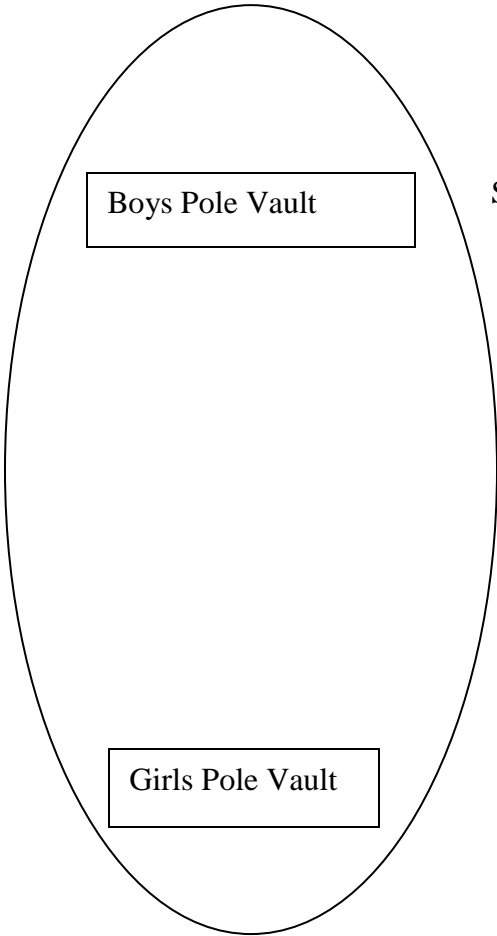
Boys Long Jump / Triple

Girls Long Jump / Triple

Boys High Jump

Girls High Jump

Spectators



Boys Pole Vault

Start/Finish

Spectators

Girls Pole Vault

Numbers
(Left hip)

Bathrooms

Tent City