

Section V – Class B5 Meet Information

South Seneca Central School

Coaches Meeting: 4:30pm @ starting line

- **Event Order:** We will follow the order of events in the meet program, girls first followed by boys. Pent order is listed below.
- **Start times:** Track events will begin at 5:00pm. Boys and girls long jump, boys' shotput, girls' discus, girls' high jump, and boys and girls pole vault will begin at 5:00pm. Shot, disc, long and triple are all open pit, no flights. We will end open pit for boys' shot and girls' disc at 6:30pm and begin girls' shot and boys' disc at 6:45pm. We will need to finish this by 8pm as we will be running out of daylight. Boys and girls triple jump, open pit, will begin 15 minutes after the conclusion of the open long jump.
- **Running Event Check in:** Athletes need to clerk in at the north end of the track by the slide gate prior to their races to grab their hip numbers. The FAT system will be on the inside of the track so please remind athletes not to cross the finish line, and **they will need a number on their left hip.**
- **Field Event Check in:** Athletes need to clerk in at their respective field event 15 minutes before the start of the competition.
- **Infield:** Only competing athletes will be allowed on the infield. There will be a warm up area on either end of the track near the goal posts that is sectioned off. Coaches and athletes only are allowed in these areas. No one will be allowed in the middle of the field.
- **Check Out Time:** Officials will allow an athlete 15 minutes to return to their event after leaving to compete in another event. They will be strict on this, please let your kids know.
- **Competition Area:** No electronic devices or jewelry will be allowed in competition areas, or on the infield. Athletes who fail to abide by this rule will be disqualified from their event.
- **Spikes:** Up to ¼" spikes are allowed.
- **Weigh Ins:** We will not be weighing in anyone for pole vault this year. We will weigh implements on the infield until 4:45pm. Please be timely with this as we do not want to hold up the meet.
- **Tents:** They can be set up anywhere outside of the track, but clear of the discus area.
- **Restrooms:** Located next to the concession stand.
- **Pentathlon Order** (Pent. High jump bar will go up by 5cm)
 - Athletes will have 20 minutes of rest in between events.

- Shotput will be located at a separate throwing circle to the southwest of the track.
- The high jump mats that are not marked “South Seneca” will be used for pent high jump.
- Pent long jump will temporarily pause the open long jump (we will announce this).

Boys	110 hurdles	Shot put	Long jump	High jump	1500
Girls	100 hurdles	High jump	Shot put	Long jump	800

- **Vertical Jumps:**

- There are 2 high jump pits at the south end of the track. The “South Seneca” mats will be used for open high jump.
- There are 2 pole vault pits at the northwest end of the track.
- **Athletes will have 15 minutes to check out and go to another event.**
- Progressions for **high jump** will be as follows:
 - Boys: 4’9”, 5’0” then up by 2” to 5’10” then 1”
 - Girls: 3’6” up by 3” to 4’0” then up by 2” until 4’10” then 1”
- **Boys will vault going north.**
- **Girls will vault going south.**
- Progression for **pole vault** will be as follows:
 - Boys: 7’0” up by 6” to 10’0” then up by 3”
 - Girls: 5’6” up by 3”

- **Horizontal Jumps and Throws:**

- **We are using an open pit format for all throws and jumps.**
- **Athletes will have 15 minutes to check out and go to another event.**
- Long and triple jump pits are at the north end of the track.
- Boys will jump west toward the school.
- Girls will jump east away from the school.
- Pent long jump will temporarily pause the open long/triple jump. We will announce when the pause to the open jumps are happening, as well as when they resume.
- Long jump, triple jump, shotput and discus will all have 4 attempts.
- **Boards: 8’, 12’, 20’, 24’, 28’, 32’**

- **Uniforms:** Standard uniform rules and jewelry rules will be in effect. Sunglasses, headbands, hats or anything within NYS rules will be allowed. Athletes competing in relays do not need to have identical matching uniforms, but they do need to be school issued.

- **Concessions:** Food will be available at the concession stand including pulled pork, hamburgers and hotdogs.

- **Weather:** The forecast doesn’t look great, so we will have to closely monitor and use the 30-minute delay rule if there is thunder and lightning. We will be allowed in to the gym nearest the

track until the 30 minutes elapses. We will not have officials or FAT to use on Saturday, so we are going to do everything we can to finish on Friday night.

- **Tickets:** Tickets must be purchased ahead of time or at the gate. They can be found online at the link: <https://gofan.co/app/school/NYSPHSAAV>