

Class B3 Sectionals

- **Weigh-Ins** - Weigh-Ins for shot and discus will be on the tennis courts at 4pm
- **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.
- **Tents**- The area for tents will be outside the track fence by the start/finish line.

INFORMATION FOR ATHLETES:

- **Running Event** – Girls then Boys
- **Running Event Check-in** - Number area will be in the infield by the start /finish line. 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.
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- **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 in the High Jump and Pole Vault and 20 minutes for all other field events to return to their event after leaving. Officials should use common sense (if an athlete is leaving for the 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 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 rule is in effect and no watches. Also, remind athletes that electronic devices (Music, cell phones) are not allowed in competition areas.

DISTANCE RACE INFORMATION:

Middle Distance and Distance Running Events (Girls and Boys)

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

Shot Put

Long Jump

800m Run

Boys

110m Hurdles

High Jump

Shot Put

Long Jump

1500m Run

FIELD EVENT ORDER:

Shot Put	Boys followed by Girls (1 flight) Pad closest to the Discus Pentathlon on a separate pad
Long Jump/ Triple Jump	Pits are located at the end of the 100m dash outside the track Boys Pit: Pit2 : (Closest from the track) South Girls Pit: Pit 1: (Furthest from the track) North Long Jump followed by Triple Jump (one flight per Class) Pentathlon Long jumps will fit in after a flight is completed.
High Jump	Girls Pentathlon pit: Closest to the start finish Line Boys Pentathlon pit furthest from the start finish line Girls Open Pit by the water Steeple barrier Boys open High will be on the next open pit once pentathlons or girls are done.
Discus	Girls followed by Boys (1 flight)
Pole Vault	One Pit: Boys then Girls (1 flight of each Gender)

- **Starting Heights**

Boys Pole Vault

Start at 7' 0"

Increase by 6" to 10'0", increase by 3" thereafter

Girls Pole Vault

Start at 6' 0"

Increase by 6" to 8' 0", increase by 3" thereafter

Boys High Jump

Start at 5' 2", 5' 5", 5' 8",

Increase by 2" to 6ft, 1in thereafter

Girls High Jump

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

Girls Pent High Jump

Start at 1.02m (3' 4")

Will go up by 5 cm

Boys Pent High Jump

Start at 1.27m (4' 4")

Will go up by 5 cm

- 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.
- Pentathlon competitors will have **three attempts**.

Sectional Order of Track and Field Events 2024

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 Girls and Pentathlon High Jumps

Pole Vault Boys

Second Events:

Triple Jump Girls and Boys

Discus Boys

Shot Put Girls

High Jump Boys

Pole vault Girls

Pentathlon Order of Events

Girls

100 High Hurdles

High Jump

Shot Put

Long Jump

800 m Run

Boys

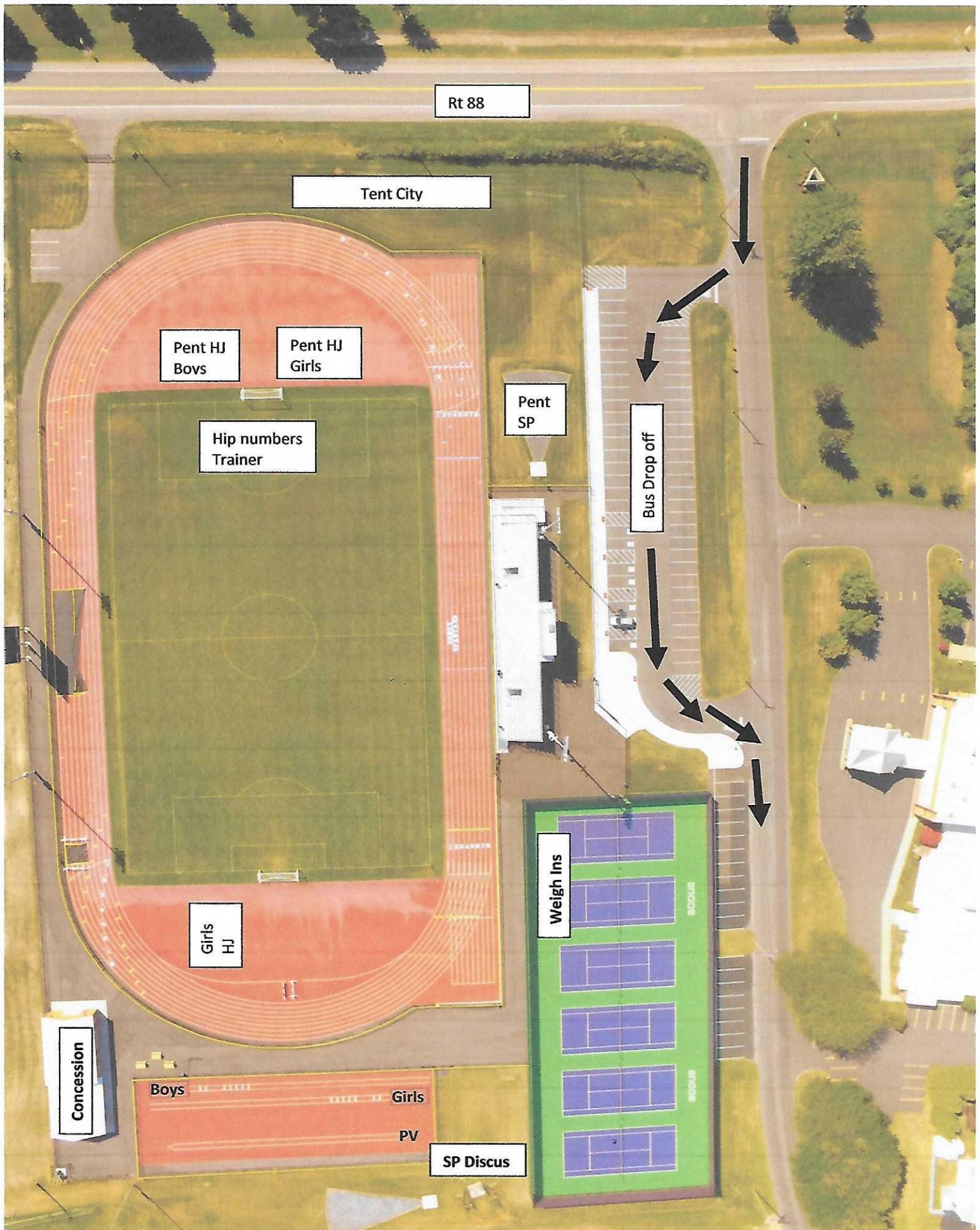
110 High Hurdles

High Jump

Shot Put

Long Jump

1500 m Run



Rt 88

Tent City

Pent HJ
Boys

Pent HJ
Girls

Hip numbers
Trainer

Pent
SP

Bus Drop off

Girls
HJ

Concession

Boys

Girls

PV

SP Discus

Weigh Ins