

# Eisenhower's Inter-City Track and Field Championships

Thursday, May 9<sup>th</sup>, 2019

## Meet Information

**Start Time:** The meet will start promptly at 4:00 PM.

**Coaches Meeting:** 3:45 PM on the infield, near the finish line.

**Events:** See the Event Schedule for a complete list of events and start times. **Entries are limited to five athletes per individual event and one team per relay.**

**Entry Sheets:** The Seeded Program will be emailed to all coaches prior to the meet and posted at the meet.

**Registration closes on *Athletic.net* at 5:00 pm Wednesday, May 8<sup>th</sup>.** NOTE: The only changes made at the Timing Booth should be the resolution of data or registration errors, and the issuing of bib numbers to unregistered athletes (not entered in any event), from registered teams with less than five athletes already entered in the particular event.

**Running Events:** All final results will be based on heat performances. There will be no finals. Running heats will be seeded slowest to fastest, allowing for the addition of competitors to the earlier heats, at the discretion of the Course Clerk. All running event athletes must wear their assigned number on the front of their uniform during the meet.

**Field Events:** At the scheduled event time, check in with the Event Clerk at the site of event. Each flight consists of approximately 10+ individuals, with current flight number and scheduled participants posted near each event. Athletes will complete all their attempts in rotation before a new flight begins. There will be 3 preliminary attempts, with 3 final attempts for the top 9 competitors in the long jump/triple jump/shot/discus/javelin. Field event flights will be seeded shortest/lowest to longest/highest. All field event athletes must wear their assigned number on the front of their uniform during the meet. (Pole-vaulters may wear their number on the back, while competing in the Pole Vault). Jumpers are advised to set their marks before the event begins, and will be allowed at least one run-through.

**Timing:** Fully Automatic Timing (FAT) will be in use for all running events.

**Warm-Ups and Spike Lengths:** Please keep the infield clear for warm-ups only. On the track, warm-ups will be limited to on the North side, outside the 'blue-line' on lane 6. **ALL SPIKES are preferred to be no longer than 3/16"** (or 1/4" at the absolute longest). We will be checking for spike length in all events (including the javelin).

**Awards/Results:** Ribbons will be awarded to top 8 finishers in each event, and top 3 relays. Results will be posted on *Athletic.net* immediately after the meet concludes. There will be no team scoring or awards, other than relays.

**Admission:** All competing athletes (dressed in school warm-ups) and coaches will be admitted free to the meet. Teams must enter by the Southwest Gate. **A \$4.00 admission will be charged for all spectators.**

**Parking/Tents:** Please park busses at the South-West Parking Lot. The North Side Parking Lot (on Tieton Dr.) is reserved for spectator parking. **There is only a small amount of flat field areas available for team tents. Team tents are also allowed in the North or South bleachers of Zaepfel Stadium.**

**Concessions:** A concession stand will be open for business for the duration of the meet, under the South Bleachers.

**Thanks for Competing!**