

CLC Championship Track and Field Meet - At Apollo High School MAY 22, 2008

MEET INFORMATION:

Hy-Tek Entries Must be e-mailed by 7:00 p.m. May 20th, Pete Robinet,

(pete.robinet@isd47.org)

1. **Entries:** 3 entries per school 1 relay team per school
2. **Parking:** Please drop your athletes off on the north side of Apollo High School. Buses should park in the lot across 44th Ave.
3. **Coaches meeting:**
The meeting will begin at 2:00 in the team room under the north end of the stadium.
Scratches will be made at the meeting. Only non-participating replacements may be entered on the day of the meet at the coaches meeting.
4. **Spectators & camps:** Only officials or contestants are permitted on the track. All team camps must be to the east of the football field on the grass behind the low fence. **Keep camps clean!**
Everyone is to stay of the infield except for warm-ups.
5. **Scoring:** Individual Events: 10-8-6-5-4-3-2-1 Relays: 10-8-6-5-4-3-2-1
6. **Admission:** Adults \$6.00 Students: \$4.00
7. National Federation rules and MSHSL modifications will govern the meet.
8. **Running:** All races will be timed finals. (NO PRELIMS) Fast heat will be last.
Field Events: Top 9 individuals will advance. Three jumps or throws in prelims, additional attempts in the finals.
9. **Clerking:**
 - Running Events: Athletes will report to the clerk on first call at north end of the track.
 - **Checking out of Field Events:**
 - Running events take precedence over field events
 - Athletes should not check out before 2nd call for running event, athlete shall inform field event judge of the need to move to running event.
 - The judge may choose to have athlete move up out of order and take an earlier attempt.
 - Athletes should be encouraged to check into running events at an early convenient time.
 - The athlete has 10 Min. from completion of running event to check back in with field event judge, or the athlete may be disqualified.
 - Spikes of ¼" or smaller may be used. **No tape on runways or the track.**
 - **Jewelry rule will be enforced.**
 - Lanes will be seeded according to MSHSL. Preferred lanes are 4-6, 3-7,2-8, 1-9
 - All races will be timed finals. Top 9 seeds will be placed in last heat.
 - The 800 will be run in **Curved** alleys with a 1-turn stagger. Runners will remain in their lane for one turn.
 - The 1600 and 3200 will use alleys for top seeds and waterfall bottom seeds.
 - The 4 x 400 relay will use a 3-turn stagger (2nd runner cuts after first turn)

10. **Field Events:**
- **Pole Vault**
 - a. From the opening height the bar will be raised by 1' until 8 or fewer participants are alive, and then up by 6" until conclusion.
 - b. Coaches will discuss open heights for Boys and Girls pole vault at the coaches meeting prior to the meet.
 - c. The one minute rule will be enforced.
 - d. Coaches must verify that pole vault poles are correct size and weight requirement for their vaulters
 - **High Jump**

The starting height for both the girls and boys will be determined at the coaches meeting. The height is to coincide with the State Meet Standard height (Girls' 5'3") (Boys' 6'5") and at first will be adjusted in 3" increments to a designated height, then by 2".
 - **Long and Triple Jump**
 - a. 3 preliminary jumps in flights
 - b. Top 9 will advance to finals with 3 additional jumps.
 - **Shot put and Discus**
 - a. Shot put and discus will be weighted and checked in the visitor's team room at the south end of the stands beginning at 1:30. All equipment must be weighted in by 2:15.
 - b. Three preliminary throws in first flights.
 - c. Top nine will advance to finals with 3 additional throws.
11. **Awards:**
- The CLC track champion for the boys and girls will be determined by the results of the championship meet and trophies will be awarded at the end of the meet.
 - All Conference certificates shall be given to the 1st through 3rd place finisher in individual events and 1st and 2nd places in relays. Honorable Mention is 4th, 5th, and 6th place individual events and 3rd and 4th in relays.
 - Results will be posted as soon as possible on the west side of the stands on the wall next to the concessions, and at the end of the meet.
12. **Rules Committee**
- A rules committee shall consist of the head coach from last years host school, (Alexandria) current years host school, (Apollo) and next years host school. (Brainerd) The boys head coach from these schools will rule on boys meet questions and the girls head coaches will rule on girls questions.
 - a. CLC designated schools and the meet referee.
 - b. All meet officials serve as meet umpires with the authority to see and report possible infractions to the rules committee.
13. **Concession stand will be open throughout the meet.**

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