

Boys and Girls Track and Field Meet

Friday and Saturday, May 1 - 2, 2009

Rules for the Meet

- 1) Athletes will not be allowed on the track with spikes longer than 1/4 inch. The clerk of the course will check all shoes before each race.
- 2) The rings for shot and discus are concrete and require rubber-sole shoes. The shot put and the discus will be a 34.92 degree sector.
- 3) The 800-meter dash will start from one-half stagger and break at the pole. The 1600-meter run and the 3200-meter run will start from a waterfall start. The 800-meter relay will be run in lanes all the way. The 1600-meter relay will be run with a three-turn stagger, which requires the second runner to run the first curve in their lane and break at the pole.
- 4) Dressing and shower facilities will not be available at the track.
- 5) Regional Directors have been instructed not to accept entries from the Area Meets after the deadline of April 22, 2009.
- 6) The South Plains College Track cannot be used for practice after the Area Meets, and prior to the Regional Meet.
- 7) Information Packets may be picked up at the SPC Track Press Box beginning at 8:00 AM on Friday, May 1, 2009.
- 8) All contestants must have their discus and shot weighed and inspected at the west end of the stadium prior to competition.
- 9) If a Regional Meet qualifier (top four from Area Meet) is unable to compete at the Regional Meet, the coach of the student not competing should notify the Area Director. The Area Director will notify the coach of the next highest finisher from the Area Meet and the Regional Meet Director of the change.
- 10) Admission to the meet will be \$3.00 for students and \$5.00 for adults per day. Two day passes may be purchased for \$5.00 and \$8.00, respectively.
- 11) Coaches will be given two passes in their packet. Athletes will use their numbers for admission.
- 12) No video equipment for instant replay, radios, tape recorders, phones, or CD's may be brought onto the field of competition.
- 13) All coaches must leave the infield 15 minutes before the first event. Coaches are not allowed on the infield during competition.
- 14) Fully automatic photo timing will be used.
- 15) District place and time will be used to determine the first round heats. Qualifying for the finals will be by place and time. In all races except 800, 1600 and 3200, the first two places in each heat qualify and the next best times will fill the remaining lanes.
- 16) All lead track officials are USATF certified.
- 17) It is strongly recommended that all area results are sent to SPC in Hy-Tek format. To purchase, please go to www.hy-tek Ltd.com

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Field Events	Boys	Girls
8:30 AM	Discus, Pole Vault	High Jump
11:30 AM	Triple Jump	Shot, Long Jump

Running Preliminaries: Boys and Girls

9:00 AM	3200 Finals
3:30 PM	400 Relay
3:50 PM	100 Low Hurdles
4:05 PM	110 High Hurdles
4:20 PM	100 Meters
4:35 PM	800 Relay
4:55 PM	400 Meters
5:15 PM	300 Hurdles
5:35 PM	200 Meters
6:00 PM	1600 Relay

Saturday, May 2, 2009

Field Events	Boys	Girls
8:30 AM	High Jump	Discus, Pole Vault
11:30 AM	Long Jump, Shot Jump	Triple

Running Finals Girls and Boys

2:30 PM	400 Relay
2:45 PM	800 Meters
3:00 PM	100 Low Hurdles
3:15 PM	110 High Hurdles
3:30 PM	100 Meters
3:45 PM	800 Relay
4:00 PM	400 Meters
4:15 PM	300 Hurdles
4:30 PM	200 Meters
4:45 PM	1600 Meters
5:00 PM	1600 Relay