

Western Carolina University
High School Track and Field Invitational
Saturday April 22, 2006

General Info – The meet will be an Invitational scored meet between High School Teams.

Facility – The Western Carolina University facility is an 8-lane, 400m Beynon 1000 System. There are two PV, LJ/TJ runways with pits on either end. The facility also includes a 66' X 108' HJ apron with two HJ pits, one shot put and discus area inside the Track and one discus area located outside of the track. The facility has seating for approx. 1500 spectators.

Spikes – Athletes may not use a spike any longer than ¼”.

Entries – Each school will be allowed 3 entries per individual event and 1 relay for each relay event for both boys and girls. Please take into consideration starting heights in the pole vault and high jump, along with the board location in the long and triple jump when entering your athletes. **These standards will not be changed. No exceptions will be made for any athlete.** All entries will be done on line at www.cfpitiming.com. Please be honest and fair when entering your athletes so that we may have the best competitive situation for all athletes involved, and no one is in an embarrassing situation. When entering athletes please take into account the time schedule, as we will not wait on athletes to leave one event to get to another event.

Entry Deadline – **Entries must be in by 6:00pm on Monday April 17, 2006.** No entries will be accepted after this date and time. Please print off a copy of your entries once you have submitted them online. This will be your verification in case of a mistake. We will not make any additions on Saturday morning, unless it is a mistake of ours.

Entry Fee - \$10.00 per athlete up to seven athletes, after seven athletes the fee is \$75.00 for a team. Boys and girls are considered separate teams. (Example: WCU boys-\$75.00 and WCU girls-\$75.00 for a school total of \$150.00). Make checks payable to **Western Carolina Track and Field**. Cash will also be accepted. Entry fee's can be paid at packet pick-up, but be aware that athletes will not be allowed to compete unless entry fee is paid before the start of the meet. The fee is based on the number of athletes that you enter in the meet, not the number that you bring to the meet.

Scratches or Corrections(no additions) – emailed to Coach Danny Williamson at dwilliams@email.wcu.edu by Wednesday April 19 by 12:00 noon. Please be diligent in reporting scratches to avoid small flights or empty lanes.

Packet Pick-Up – Will begin at 9:00am on Saturday Morning April 22, 2006. Packet Pick-Up will be located at the entrance to the WCU Track and Field facility in front of the black fence.

Parking – Will be located in the lot directly across from the track. Drop offs can be made at the entrance to the track, but buses must move immediately after the drop.

Timing – Timing for all running events will be fully automatic. In the longer distance events we will attempt to get a time on everyone, but lapped runners could get lost in the shuffle, so plan to time them also.

Athlete Check-In – All athletes must check in before the start of their event or they will be scratched from the event.

Running Events will check in at the tent located on the grass infield in front of the high jump pits 30 min. prior to the start of their event.

Field Events will check in at the site of the event 30 min. prior to the start of the event.

Relay Teams – All four runners must report to the starting line and then be escorted to the relay zones.

Field Events – In the LJ, TJ, Shot Put and Discus each athlete will receive 4 attempts with all being measured. The best entries will be seeded with each other and be in the first flights.

Starting Heights and Board Placements – The following guidelines will be used: **We will not change these standards, so please enter athletes that can meet these requirements.**

Girls High Jump will start @ 4'6"

Boys High Jump will start @ 5'8"

Girls Pole Vault will start @ 8'0"

Boys Pole Vault will start @ 11'0"

Long jump boards are located 11'8' from the pit

Triple Jump Board for the girls will be place @ 28'0"

Triple Jump Board for the boys will be place @ 34'0'

Awards – 1st thru 3rd will receive medals for each event, this also includes relays. The top three teams with the highest team scores will also receive a team award. The score will be computed on a 10-8-6-5-4-3-2-1 scoring system. Awards will be handed out as soon as the final results of each event are completed. Athletes will be called to the infield, please have athletes there to receive their awards. A coach may pick up an award for an athlete that is involved in another event at the time of the award presentation.

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Additional and Very Important Information

(Coaches – Please read and understand all of this information so that there will be no confusion on meet day)

***There will be no coaches meeting prior to the start of the meet. All information that you will need is listed with-in this meet information form. Any additional info will be placed in your meet packet.**

***Heat sheets will not be placed in your packet, they will be posted on the walls at the top of the stadium.**

***Results will be posted on the wall also. Results will be able to be obtained at www.catamountsports.com under the track and field page or at www.cfpitiming.com.**

***No athletes or coaches are allowed to hang out or sit in the infield of the track.**

***Warm up area for the running events is the practice soccer field located to the right of the grandstand. No warm-ups will be allowed on the track except for the athletes in the hurdle events. Hurdlers will be allowed on the track in the outside lanes for hurdle warm-ups. Also a grass section of the infield will be used for hurdle warm-up.**

***If an athlete checks out of a field event to go to another event and does not return before his or her flight is over, then they will lose any remaining attempts in that event. In the HJ or PV, if an athlete checks out to go to another event, upon return they must compete at whatever height the competition is now at with however many attempts that they may have remaining.**

***All running events will be sections vs. times with the fastest sections always running first. The winners will be the top 8 performances overall. All field events will be in flights, and will follow this same format.**

***Please remember that the officials are volunteers. They are attempting to do the best possible job for each and every athlete involved in the meet. It is not the intention of any official to make a bad call. Please be respectful of our officials, let them do their job and you stick to the coaching. This will allow everything to move along smoothly. If there is a problem, come directly to Coach Williamson or Coach Venable, not the event official.**

***Coaches will be allowed in the assigned coaching areas at the field events. Athletes can come to you.**

***Non competing athletes will not be allowed to gather at the field event sites. They must watch the events from the stands or from behind the fences.**

***Coaches – You are responsible for the conduct of your athletes and coaches. We do not wish to be involved with any problems that could arise. If you can't control your athletes then don't bring them to this meet. This meet is for team and athletes that want to achieve outstanding performance in an ideal situation.**

***It is the responsibility of you and your athletes to keep up with the events and the time schedule. The field events will be on a set time schedule for each event. The running events will have a start time for the very first event and then the rest will be on a rolling schedule. We will not rush the meet along, but will keep it moving.**

Again, you and your athletes are responsible for paying attention to the flow of the events at the meet.

