

Appalachian Invitational Track Meet for High Schools General Information

Time..... 11:00 am to approximately 6:00 pm on April 17, 2010
Place..... Belk Track in Kidd Brewer Stadium...the meet will be run on ASU's eight lane Eurotan track...the runways for the triple jump, long jump, pole vault, and high jump are also Eurotan...

Spikes..... Athletes may not use a spike any longer than 1/4 inch for any running event .

Entries..... There is a maximum of three entries per school per running event and two entries only per school in the field events. However, take note below on the starting heights for the high jump and pole vault. There is only one entry per school for the boy's and girl's in the relay events.

No athlete may be entered in more than two events not including relays. If you enter an athlete in more than two individual events, we will remove them from one of the events.

Entry Deadline..... **Entries must be in no later than 11:59 pm on Monday, April 12th.** We absolutely will not enter anyone after that date. We will not make any additions on Saturday morning unless it is our mistake. We will go back to your entry form to verify if it is our mistake.

Enter online at: **Bigkahunatiming.com**...we will not accept entries in any other way.

Entry Fee..... \$5.00 per athlete for boys and girls...the entry fees will be charged based on the number you enter on the online entry form...however, if you scratch an athlete on Friday, April 16th before 5:00 pm they will not be included in the fees...

Make Checks Payable to ASU Athletics. You may bring the money or check with you on Saturday morning. **You must pick up your packet and pay fees at the entrance to the stadium on the home side beginning at 9:00 am. Athletes will not be allowed to compete until fees are paid.**

Timing..... Timing for all events will be automatic timing.

Awards..... 1st thru 3rd will receive medals for each event..the top three places for relay events will receive medals for each individual in the relay and a relay team trophy.

Measurement..... The following guidelines will be used in the following events:
Procedures

High Jump for girls starts at 4-8, boys at 5-10
Pole Vault for girls starts at 8-6, boys at 10-6

There will be four jumps for each athlete in the triple jump and long jump, There will be no finals, the best entered jumpers will be in the first flights.

The triple jump board for the girls will be at 28 feet...no exceptions...only one board will be used.

The triple jump board for the boys will be at 34 feet...no exceptions...only one board will be used.

The long jump board is 12' from the pit for boys and girls.

Appalachian Invitational Time Schedule

We will make a time schedule after we close entries on Monday, April 12th which we will send to coaches who put an email address on their online entry form by Wednesday, April 14th.

The running events will begin at 11:30 am. Athletes must check in a minimum of 40 minutes prior to their scheduled event or will be scratched from the event. Check-In closes 40 minutes prior to the beginning of the scheduled time of the event. We will setup heats at that time based on check-ins.

Running event check-in will be at the tent at the entrance to the track on the West side.

The athlete staging area for the running events will be under the goalposts nearest the fieldhouse on the south end of the football field. Athletes must report there 15 minutes prior to the start of their event.

Field event athletes need to check-in at the field event site 45 minutes before their event is scheduled to start.

All members of relay teams must report to the staging area before moving to their designated zone.

Athletes may warm-up only in the designated area of the infield. There is a field across the street from the fieldhouse and runners can use the upper causeway around the stadium.

We will allow hurdle warmup on the track and the edge of the football field near the hurdle start.

Team areas are in the stands. Teams will not be allowed to set up "camp" on the infield...this is a warmup area. **This will be strictly enforced, please make it easier for meet management and respect these instructions.**

Anyone that sends in a scratch will not have to pay for that athlete (they will be removed from the entry list). This must be done by Friday, April 16th at 5:00 pm. There will be no additions. E-mail the scratches to weaverjt@appstate.edu.

Your packets can be picked up at the entrance to the stadium anytime after 9:00 am on Saturday morning. This is where you will pay your entry fee as well.

Please read the final instructions carefully to your athletes.

Results will be posted on the wall under the stadium between the rest room doors.

Email scratches to weaverjt@appstate.edu
by Friday, April 16th at 5:00 pm

Appalachian Invitational

Special Meet Management Information

Please Read Carefully

There will be no coaches meeting before the meet. Pick up packets and any further information you might need at the entrance to the stadium. We will setup heats after check-ins which must be done for each event, at least, 40 minutes prior to the scheduled start of the event. Field event athletes must check-in at the event site 45 minutes prior to the start of their event.

Any coach that knows they will be scratching someone needs to email on Friday, April 16th before 5:00 pm at weaverjt@appstate.edu. Any scratched athlete on Friday will be removed from the entry list and will not be charged.

Coach Weaver's office number (828-262-3074) will be our hotline in case of inclement weather. If the weather looks like it will be a problem, we will make the decision to proceed or cancel by 10:00 pm on Friday night. Do not call prior to this time. Information will be put on the answering machine as well.

Absolutely no athletes, spectators, coaches or parents are to enter Owens Fieldhouse or the new Athletic Center at any time during the day. This includes during inclement weather. This is an office area and is Off Limits for this meet!. There are plenty of restrooms under the stands. This area will also provide protection from inclement weather.

No one is allowed on the infield except those athletes coming and going to events, coaches and those athletes receiving awards. However, these athletes may not linger on the infield. We will escort all individuals away from the infield area that don't belong.. If you have a problem and you need to talk with Coach Weaver you may find him on the infield and talk with him.

Important - Please Read

In the triple jump and long jump each athlete will be given four attempts. There will be no finals - only four attempts. Therefore, when an athlete's flight is over, they are finished with that event. If an athlete must leave a field event to run or go to another field event, they must return before all the athletes competing in their flight have made their attempts. When the last athlete present has made their last attempt in that flight, the flight is over and the athlete that left will forfeit any remaining attempts if they have not returned before that final flight attempt.. We will not allow that athlete to compete in the next flight if there is one. We will not make calls for absent athletes. If an athlete leaves the high jump, they will lose any attempts at the height they left if they don't return before the last jump has been made at that height. They may, however, carry any remaining attempts over to the next height and continue to jump.

An awards ceremony will be given for the top three athletes in each event. Please have your athletes report to the awards area when their name is called. Coaches may pick up any awards that an athlete can't get.

All events will be sections on time. The winners will be the top three performances. The fastest will compete against the fastest, etc. We will run the fastest sections first in every event. Please turn in times that reflect what your athlete has done.

Cooperation and understanding will be the key words for a successful meet. Officials are volunteers and will do the best job they can. If you have a problem, see Coach Weaver and let us handle it. Please stay away from the officials. Please remember we want you and your athletes to have a pleasant experience but we will not allow anyone to abuse officials.

Please remember coaches that you are responsible for your athletes, their conduct and behavior at this meet.

Pay your entry fee when you pick up your packet on Saturday at the entrance to Kidd Brewer Stadium. Please have checks made out to ASU Athletics. Your athletes will not be allowed to compete without a paid entry fee. There will be a concessions stand and t-shirts on sale during the meet .

We will have a time for everyone in the distance events. However, just in case there is a problem you might want to time your athletes who are not in the top eight of their heat.

Please share these forms with anyone that might not have gotten them.

Any questions, email John Weaver at weaverjt@appstate.edu