

# Protocols for Indoor Track Meets in Thompson Field House 2022-23

Welcome to Thompson Field House on the campus of Phillips Exeter Academy (PEA)! As we prepare for your arrival to the track, we'd appreciate your compliance with the following procedures to make for an efficient and healthy meet.

**Getting to Thompson Cage:** Chadwick Lane, Exeter, NH. Buses will turn onto Chadwick Lane. Continue straight until reaching the *outdoor* track. If you are more than 30 minutes ahead of the meet's start time, please pause to the left curb to wait the time out. When ready to proceed, turn LEFT and loop JUST PAST the parking garage located under Thompson Field House. Buses may pause here to unload the team. After unloading, the bus will continue another 200m to the holding lot. There will likely be security guards or other members of the community who will guide you through this process until it becomes familiar.

## Entering the Facility:

- No Food or Drinks allowed. We are also working to eliminate plastic bottles. Please encourage the bringing of a reusable (labeled with name) container.
- Teams will be expected to enter the facility no earlier than 30 minutes ahead of the start time.
- Restrooms are at the top of the ramp as you walk into the facility from outside.
- Please do your best not to track snow in. Athletes and Coaches should have footwear to swap into if weather is an issue.

## You should know:

- ¼" spikes are allowed
- The track is a 200m flat track with a Beynon surface
- The Oval is 6 lanes, the Straight is 8 lanes
- Fully Automatic Timing (FAT) is in place
- Throwing circles are wood
- *Athletic Trainers will be available in the facility*

## **The Meet**

1. Coaches should bring any scratches or late additions directly to the timing company table as soon as they get their team settled.
2. Athletes will check-in and get hip numbers at a table adjacent to that timing company table on the infield. First and second calls will be broadcast. Please remind athletes to put hip number backing sheets into a trash bin.
3. Field event check in will happen at the specific venue (i.e. HJ pit, throws circle)

### **4. Order of Events:**

**High Jump (Girls before Boys)**

**Long Jump (Boys before Girls)**

**Shot Put (Girls before Boys)**

**(Girls before Boys in all running events)**

**3000m**

**55m High Hurdles**

**55m Dash**

**1000m**

**600m**

**300m**

**1500m**

**4x400m**

**4x200m**

### **Departure:**

Please, please leave your team area the way you found it.