

STATE MEET INFORMATION – 2023

1. Please make copies of the enclosed flyer and distribute to all of your athletes and ask them to bring them home to their parents. Every year, many parents arrive not knowing they have to pay, where to park, order of events, etc. This flyer could help immensely. PLEASE HELP US OUT.
2. You may enter the Field House as early as 8:45 AM (Division I) or 2:40 PM (Division 2). You will enter the track with your team by the rear door which is on the right side of the building, as you are facing the building
3. Only coaches, at most 2 managers per school, and athletes who have qualified will get in free. All others must pay \$8.00 for adults and \$6.00 for students. Teams must be accompanied by a coach.
4. Spikes are allowed (1/4" or less). Pyramids only. Spikes will NOT be on sale.
5. There will be no time schedule. Field events will start at 10:00 AM (D1) and 4:00 PM (D2). Girl's high jump and girl's shot put and boy's long jump will go 1ST. Running events will go in order, starting at 10:30 AM (D1) or 4:30 PM (D2). The meet will move quickly.
6. The uniform rules will be enforced. It is your job, as a coach, to be familiar with these rules and to make sure your athletes follow them.
7. 4 X 200m Relay—in lanes for the 1st runner---then can cut in after the hand-off. The outgoing athlete MUST start inside the 20 m zone. All relays will use a 20m exchange zone.
8. The 600m and 4x400m will be run in lanes for the first lap. The break line is just after curve 2, at the head of the dash straight-a-way.
9. The 300 will be run in lanes for the entire race.
10. 8 athletes will advance to the finals in the hurdles, dash, shot put, and long jump.
11. Athletes will be allowed to warm up on the track, when appropriate. However, AT NO TIME will athletes be allowed to run down the main straight-a-way. They must run the C, from end to end. COACHES, DO NOT STAND IN LANES 5 & 6 CHEERING, TIMING, ETC. Athletes may warm up outside the facility.
12. **After the dash and hurdles finals, and the conclusion of the long jump and high jump, EVERYONE, except officials, must leave the infield.**
13. There will only be one call for each event. Athletes should check in when the call is made.
14. The check-in area for all running events will be in the area where the dash and hurdles start.
15. If an athlete scratches from an individual event at the meet, he or she is out of the meet from that point on. This also means they cannot run in relays.
16. **See the bus parking handout for new bus procedures and parking info.**
17. Headphones/earbuds are NOT allowed anywhere at any time in the competition area—including while warming up on the track.
18. Scoring is 10-8-6-4-2-1 points for places 1st through 6th.
19. The All-State Awards ceremonies will begin on the infield at 9:15am (D1) and 3:15pm (D2).
Winning relay teams will receive All-State commemorative batons for each team member.