

47th Burlington HS Track and Field Invitational

Saturday, May 11, 2019, 9:00 AM, D.G. Weaver Athletic Complex
Burlington High School, 52 Institute Rd., Burlington, VT 05401

- Meet Director:** Pavel Dvorak, Burlington HS; School (802) 864 8588, (802) 864 8589 A.D.
- Entry Deadline:** All schools 11:59 PM (midnight) Wednesday, May 8, 2019, using **Athletic.net**
No Team entries after Thursday. No Hy-Tek TM files please.
It may take up to 48 hours to establish new account on Athletic.net web. Athlete's grade must be listed.
- Rules:** NFHS and VPA rules will be followed.
- Entry Fees:** \$160.00 per team (please read team not school), or \$16.00 per individual (please read entry fee not participation fee - school must pay per athletes entered)
Make checks payable to: Burlington HS. Please mail check in advance to Pavel Dvorak, Burlington HS, 52 Institute Rd., Burlington, VT 05401.
Additional late entry fee \$30.00 per athlete paid to the hosting school before the meet for every competitor or relay who must be added to the DB after the posted deadline. Additional athletes will be added after the late fee is paid. All fees must be paid prior to the participation.
- Admission:** General Admission to the meet: adult \$6.00 and \$4.00 student. Food and T-shirts will be sold. Please note - no pets allowed.
- Parking at Burlington HS is free. We cannot guarantee parking to all spectators (first come/first served).**
Full size busses will park at Leddy Beach parking lot approx. 1M from the High School.
Dry weather conditions: In dry weather conditions, all parking will be within walking distance (max. 15 min.) from the facility.
Wet weather conditions: In extremely wet conditions, satellite parking may be required. Please allow additional time to park. Busing from and back to a parking location will be provided. Please plan accordingly.
- Awards:** Combine boys and girls teams' plaque to the 1st, 2nd and 3rd team.
Individual trophy to the outstanding track female and male athlete and outstanding field female and male athlete. Ian Carroll and Pavel Dvorak Spirit Award.
Custom design Dog Tags for 1st, 2nd, 3rd, 4th, 5th and 6th place. Top 6 athletes and relays in every event will receive individual awards presented during awards ceremony approximately (meet situation, possible protest etc.) 1 hour after the final of the event.
- Implements & PV weigh-ins:** Weigh-ins will be required for shot put, discus and javelin between 8:00 AM - 9:00 AM before the meet on Saturday. Only checked and marked equipment will be permitted in competition and in warm-up throws. PV inspection will begin at 7:45 AM and will close at 8:30 AM.
- Pole Vault Weight Certification Form:** Every coach of an athlete competing in PV must submit the Weight Certification Form to the PV official during the inspection prior to the start of the competition.
- Scoring:** Top 8 places, maximum 2 scores per team per event. All athletes from one school will advance to final(s) and will receive individual awards. Girls and boys team combine score only.
- Live Results:** Will be uploaded to 802timing.com web during the meet (only if internet connection is functioning)

Time schedule / Order of Events

Field Events: Field events will begin at 9:00 AM.

Athletes must inspect/weigh-in 7:45 – 8:30 AM Pole Vault and 8:00-9:00 AM Shot Put, Discus, Javelin.

<p>9:00 AM boys Pole Vault</p> <p>9:30 AM girls Discus girls Long Jump girls High Jump boys Long Jump boys Shot Put boys Javelin</p> <p>to follow girls Pole Vault girls Triple Jump girls Shot Put girls Javelin boys High Jump boys Triple Jump boys Discus</p> <p>to follow Master's Shot Put Master's Pole Vault</p>	<ul style="list-style-type: none"> • Opening heights in girls High Jump will be 4-1' and boys High Jump will be 5-2'. Both will go up 3 inches after opening height and then go up 2 inches at a time (please see below). • Opening height in girls Pole Vault will be 6-4' and boys Pole Vault will be 8-4' both will go up 9 inches after opening height and then go up 6 inches at a time (please see below) • In horizontal jumps and throws there will be one warm up jump / throw between flights. • There will be a second warm up (maximum 15 min long) before the bolded heights (please see below) for only athletes who did not yet entered a competition in HJ and PV and before last 2 flights in Long and Triple Jump, Shot Put, Discus and Javelin. • All field events will be arranged so that those with the best qualifying performances will compete at the end. • In the Long Jump, Triple Jump, Shot Put, Discus and Javelin, the top 9 will advance to the final. • In the High Jump and Pole Vault, the "5 alive" procedure will be used. • Triple Jump boards are Girls 24'0", 28'0" and 36'0" (painted); Boys 32'0" and 38'0" from the pit. • In field events, athletes may provide their own markers. The host school will provide ½ tennis balls. Markers must be placed outside of runways. There is a maximum limit of 2 markers per competitor. Chalk is OK. NO TAPE PLEASE. • The head judge may change the order of competition to accommodate those who may be excused to participate in other events.
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Running Events: HS 3000 m Run Unseeded Sections and Master's Events will begin at 9:30 AM. Order of running events girls followed by boys **except boys 110m High Hurdles Final**

Athletes must check in before 2nd call is given.

<p>9:30 AM</p> <p>HS 3000 m Run Finals UNSEEDDED SECTIONS <small>NEW</small> Master's 5000 m Run Final Master's 1 Mile Run Final Master's 200 m Dash Finals</p> <p>11:00 AM 4x800 m Relay Finals 100/110 m High Hurdles Trials 100 m Dash Trials 9th Grade 100 m Dash Trials 1500 m Run 9th Grade Finals 1500 m Run Finals 100/110 m High Hurdle Final boys first! 4x100 m Relay Finals 400 m Dash Finals 100 m Dash 9th Grade Final 100 m Dash Final 300 m Low/Intermediate Hurdles Finals 800 m Run Finals 200 m Dash Finals 3000 m Run Finals SEEDDED SECTIONS 4x400 m Relay Finals</p>	<ul style="list-style-type: none"> • In the 100/110 m High Hurdles and 100 m Dash, the 1st place per heat + times will advance to the final. • All running events will be run in sections with the fastest section running last. • Tape is not allowed on the track and runways. Chalk is OK. • In the 4x100 m Relay, a flat rubber marker or ½ tennis ball will be used as the only mark to aide outgoing runner to time their start. The host school will provide markers. • The alley start (California start) will be used in the 1600 m Run and 800 m Run. • The host school will provide and all competitors must use GILL Fusion I starting blocks (2 have Moye Pedal Adapter). • Top portion of the uniform must be tucked into the bottom portion when hip # are used.
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Starting and successive heights of the crossbar: Second warm up heights (max.15 min long) bolded.

Unless seven or less athletes remain in the competition, the bar will be raised when all present athletes cleared, passed or failed to clear the height. Excused, not present athletes participating in other events will be passed to the next height.

Girls HJ	4-03	4-06	4-08	4-10	5-00	5-02	5-03	then by 0-01
Girls PV	6-04	7-01	7-08	8-02	8-08	9-02	9-08	then by 0-06
Boys HJ	5-02	5-05	5-08	5-10	6-00	6-02	6-04	then by 0-01
Boys PV	8-04	9-01	9-08	10-02	10-08	11-02	11-08	then by 0-06

Spikes: Running and jumping events maximum 3/16" exposed. Javelin runway has a grass surface.

Check in Running Events: Athletes checking in for running events

1. **Must report to the clerk of the meet** at the time the first call is given (approx. 15 min. before event starts) at the check-in tent (behind the 100 m Dash start). Athletes must stay in the check-in tent until they are
2. **Marched to the infield.** Athletes may continue their warm up on the far (west/lake) side of the infield (please read infield not track) after they have checked in with clerk.
3. **Athletes will receive their hip numbers, heat and lane assignment at the center of the infield.**
4. **Athletes will be marched to the start of the race.**
5. **Checked in athletes are expected to participate in the event they have checked in. Please check in only if you intend to compete in the event.**

Clerk will scratch all absent athletes on the 2nd final call (approx. 10 min. before event starts) and re-seed the event if necessary. Missing athletes will not be re-entered after the re-seeding is done.

NEW: Rule 3.4.8...If a competitor is to be withdrawn or abandon from an event after the check in with the meet clerk, the competitor shall be scratched from any subsequent event(s) in the meet.

Check in Field Events: All athletes must report to the field event official at the time the first call is given (15 min. before event start; PV 30 min.) at the field event sector.

Athlete leaving for a running event must sign out on the first call and he/she must sign back in no later than 10 min. after the conclusion of the heat he/she was competing in.

Athlete participating in two or more field events at the same time he/she must go back and forth between these events.

Competitor Hip Numbers: Hip numbers must be worn on the left and right hip, centered, shirt must be tucked in. In events, not finishing in assign lanes (distance etc.) additional hip number must be worn on the front and left side chest high.

Infield area incl. all jumps: Only competing athletes and people with infield passes will be allowed inside the infield.

Team Tents: On the hill along cemetery fence and east side of the baseball field. Please see facility map. No tents on stands and along the track fence please.

Jury of Appeals: TBA

Weather Emergency: When thunder is heard or lightning is seen, athletes, coaches and spectators must leave the field and go inside the Burlington HS lobby, gymnasium or auditorium. Once lightning has been

recognized or thunder heard, wait time will be thirty minutes (thirty-minute rule) before resuming activities. When competition is resumed, athletes will be given a 15 min warm-up prior to the start.

Entry Info

- **All schools are invited.** Please see entry limits below.
- **Entry Format - Athletic.net** web entries. No Hy-Tek TM files please.
- **Updated Meet Qualifying standards** – An athlete may enter an event only if his/her performance in this events is equal or better than posted qualifying standards which must be achieved this outdoor season. Athlete must qualify in every event he/she is entering (Updated Entry Qualifying Standards below).
- **Team Entry Limits – One school may enter maximum of five (5) athletes into one field event and six (6) athletes into one running event** (with the exception of 9th grade events) provided they meet qualifying standards where required. Additional extra entries in one event per school will be scratched based on the lowest seed than athlete's lower grade.
- **Athlete may enter maximum of 4 events** excluding 1-4 and alternate relays positions.
- **Coaches please check your entries** on web by Thursday. Performance list will be posted.
- **NEW 3000 m Run UNSEEDDED SECTIONS will start at 9:30 AM. Coaches must check the Seed List for this event posted on 802timing.com web by Friday before the meet. Only the fastest – SEEDDED girls and boys section will run after 200 m Dash. Athlete(s) who missed the start in unseeded sections will not be allowed to compete in seeded section.**
- **No Team Entries after Thursday week of the meet.**
- **Scratches – please email ASAP**
- **All master events (5000 Meter Run, 1 Mile, 200 m Dash, SP etc.) – All participants must be 18 years or older to enter - high school students cannot participate in these events.**

Entry Qualifying Standards

Event	BINV
Event 1 Boys Pole Vault	8-06.00
Event 2 Girls Discus Throw	68-00
Event 3 Girls Long Jump	13-08.00
Event 4 Girls High Jump	4-03.00
Event 5 Boys Long Jump	17-03.00
Event 6 Boys Shot Put	34-00.00
Event 7 Boys Javelin Throw	115-00
Event 8 Girls Pole Vault	6-00.00
Event 9 Girls Triple Jump	26-04.00
Event 10 Girls Shot Put	25-04.00
Event 11 Girls Javelin Throw	68-00
Event 12 Boys High Jump	5-04.00
Event 13 Boys Triple Jump	34-00.00
Event 14 Boys Discus Throw	95-00
Event 15 Girls 4x800 Meter Relay	1 relay per team
Event 16 Boys 4x800 Meter Relay	1 relay per team
Event 17 Girls 100 Meter Hurdles	22.54
Event 18 Boys 110 Meter Hurdles	21.04

Event 19	Girls 100 Meter Dash 9 grade 9th Grade Only	16.04
Event 20	Boys 100 Meter Dash 9 grade 9th Grade Only	14.54
Event 21	Girls 100 Meter Dash	15.04
Event 22	Boys 100 Meter Dash	13.34
Event 23	Girls 1500 Meter Run 9 grade 9th Grade Only	6:30.24
Event 24	Boys 1500 Meter Run 9 grade 9th Grade Only	5:20.24
Event 25	Girls 1500 Meter Run	5:55.24
Event 26	Boys 1500 Meter Run	4:55.24
Event 27	Girls 4x100 Meter Relay	1 relay per team
Event 28	Boys 4x100 Meter Relay	1 relay per team
Event 29	Girls 400 Meter Dash	1:10.24
Event 30	Boys 400 Meter Dash	58.74
Event 31	Girls 800 Meter Run	2:51.24
Event 32	Boys 800 Meter Run	2:18.24
Event 33	Girls 300 Meter Hurdles	58.24
Event 34	Boys 300 Meter Hurdles	53.24
Event 35	Girls 200 Meter Dash	30.44
Event 36	Boys 200 Meter Dash	26.04
Event 37	Girls 3000 Meter Run	13:20.24
Event 38	Boys 3000 Meter Run	11:10.24
Event 39	Girls 4x400 Meter Relay	1 relay per team
Event 40	Boys 4x400 Meter Relay	1 relay per team