

Vacation Invitational Track and Field Meet @ Essex

10:00 AM, Wednesday, April 25, 2018, - Essex High School
Essex High School, 2 Educational Drive, Essex Jct., VT 05452

Meet Administrator: Pavel Dvorak, Burlington HS; School (802) 864 8588, (802) 864 8589 A.D.

Entry Deadline: **Non NVAC Metro Schools - Coaches please contact Katie White before entries.**
All schools 11:59 PM (midnight), Monday, April 23, 2018 using **Athletic.net**
No Team entries after Monday. 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

Entry Limits: **Field Events – Maximum 4 athletes per team per event. No alternates.**
Running Events - Unlimited

Rules: NFHS and VPA rules will be followed.

Entry Fees: \$80.00 per team (please read team not school), or \$12.00 per individual (please read entry fee not participation fee - school must pay per athletes entered)
Make checks payable to: Essex Student Activities. Please mail check in advance to Todd Herrington, Essex HS, 2 Educational Drive, Essex Jct., VT 05453
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. Checks received after the meet - \$20.00 fine monthly.

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.

Meet Format: All running events will be timed finals. All horizontal field events 4 jumps/throws.

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.**

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.**

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.

Weather Emergency: When thunder is heard or lightning is seen, athletes, coaches and spectators must leave the field and go inside the Essex rink, 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 NVAC Metro schools are invited.**
- **Entry Format -**
Athletic.net web entries only
- **Team Entry Limits – One relay team per event.**
Field Events – Maximum 4 athletes per team per event. No alternates.
Running Events - Unlimited
- **Athlete may enter maximum of 4 events** excluding relays.
- **Coaches please check your entries** on web on Tuesday. Performance and entry list by school will be posted.
- **No Team Entries after Monday**
- **Scratches – please email ASAP**

Time schedule / Order of Events

Running Events: Track events will begin at 10:00 AM

Order of running events girls followed by boys

Athletes must check in before 2nd call is given.

<p>10:00 AM</p> <p>4x800 m Relay Finals 100/110 m High Hurdles Finals 100 m Dash Finals 1500 m Run Finals 4x100 m Relay Finals 400 m Dash Finals 300 m Low/Intermediate Hurdles Finals 800 m Run Finals 200 m Dash Finals 3000 m Run Finals 4x400 m Relay Finals</p>	<ul style="list-style-type: none"> • <i>All running events will be run in sections with the fastest section running last.</i> • Tape is not allowed on the track and runways. Chalk is OK. • <i>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. Chalk is OK.</i> • <i>The alley start (California start) will be used in the 1600 m Run and 800 m Run.</i>
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Field Events: Field events will begin at 10:00 AM.

All Athletes must inspect Pole Vault at 9:00 AM.

<p>10:00 AM</p> <p>girls Pole Vault girls Triple Jump girls Shot Put girls High Jump boys Long Jump boys Discus boys Javelin to follow boys Pole Vault boys Shot Put girls Long Jump girls Javelin boys High Jump boys Triple Jump girls Discus</p>	<ul style="list-style-type: none"> • <i>Opening heights in girls High Jump will be 4-1' and boys High Jump will be 5-1'. Both will go up 2 inches after opening height.</i> • <i>Opening height in girls Pole Vault will be 5-0' and boys Pole Vault will be 8-0' both will go up 6 inches after opening height.</i> • <i>In horizontal jumps and throws there will be one warm up jump / throw between flights.</i> • <i>In Long Jump, Triple Jump, Shop Put, Discus and Javelin there will be 4 jumps / throws no finals.</i> • <i>All field events will be arranged so that those with the best qualifying performances will compete at the end.</i> • <i>In the High Jump and Pole Vault, the "5 alive" procedure will be used.</i> • <i>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.</i> • <i>The head judge may change the order of competition to accommodate those who may be excused to participate in other events.</i>
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