

Meet Rules

Tents

All tents (except for the 4 sponsoring schools) must be set up in the "Tent City" area outside the fence by the back gate. [See Event Map.](#)

Gates

The front gate will open at 8:30am sharp for spectators.

Fenced Area

After the coaches meeting, no coach (with the exception of pole vault coaches, who must remain in a designated area) or non-competing athlete will be allowed inside the fenced area around the track. Only athletes participating in an event or checking in should be inside the fenced area.

Check In

Coach Check-in - Running Events

To facilitate the check-in process and to confirm most up to date Event Day participants, each School Team will be checked into all events by the Team Coach. This process is to remove all of the athletes who scratch from the events and allow for consolidation of sections for highly populated races. Adding athletes, substituting athletes or updating 'best' efforts can not take place at this time. If an athlete is replacing another in a race, he/she may run, however, the name in the computer records will not be changed, unless a record performance, or post-season qualifying performance is achieved.

Check-in will take place from 7:30 am until 10:00 am. Each of the 15 events will have a Clerk to make the necessary scratches. Coaches will receive relay cards for identifying the order of athletes and order of running for the various relay events. These cards will be completed and delivered to the Clerk of the event by the athletes at 'First Call'. At 10:00 am all event sheets will be delivered to the Computer/Timing Clerk for section seeding. Coaches who fail to check their athletes into events will have their athletes scratched from the list and not seeded.* The athletes can focus on their warm-up routines, and be prepared to report for their events when First Call is announced.

*** The only exceptions are those coaches/athletes that are not competing on full teams, will arrive after 10:00am, have late day events, and have notified the Meet Director of this status. They will be seeded automatically. If your athlete is in the category, please notify the Race Director prior to race day.**

Athlete Calls

Final Declaration must take place 30 minutes before the race.

First Call - Thirty (30) minutes before the scheduled start of the event. All athletes who are not participating in another event at that time should report for briefing, section assignment, hip number distribution and uniform rule check. Athletes can begin their final warm-up, stretching, equipment checking and shoe changing.

Second Call - Twenty (20) minutes before the scheduled start of the event. Athletes participating in other events should report for briefing, section assignment, hip number distribution and uniform rule check.

Final Call - Ten (10) minutes before the scheduled start of the event. The Clerk(s) will begin to move the athletes to the event start location(s). This is not a final call for 'first' reporting. Athletes who first appear at this call are being discourteous to their fellow athletes.

Uniform Rule is in Effect

In compliance with VHSL and National Federation Rules, no jewelry (except watches) may be worn in competition. Uniforms must be school issued and relay team members should wear the same uniforms and like colors under the uniforms. Athletes not in compliance will be subject to disqualification.

Read your 2010 NFHSA Rules Book as rules have changed.

Shot and Discus

There will be certified shots and disci available and will be used in competition. No athlete may use his/her own implements. Coaches will not be permitted on the infield to instruct their throwers.

Jumps

Jumps Athletes in the Long Jump and Triple Jump will get three jumps. To accommodate those in multiple events, we will start with the top flight and go down to the bottom. The first legal jump will be measured regardless of distance. The second jump must meet the minimum standard to get another mark. The top nine (9) jumps will be taken to the finals. An announcement will be made and all athletes qualified for the finals are to report to the event when they are called.

Throws

Athletes in the Shot Put and Discus will get three throws. We will start with the bottom flight and move to the top. The first legal throw will be measured regardless of distance. The second throw must meet the [minimum standard](#) to get another mark. The top nine (9) throws will be taken to the finals. An announcement will be made and all athletes qualified for the finals are to report to report to the event when they are called.

Note: In case of inclement weather, changes may be made by the games committee. Any changes will be announced at the coaches meeting.

Trash Bags

Trash bags are provided in each coach's packet. Please make sure your team cleans up before leaving for the day. Thank you!