

Appalachian Invitational
Track Meet for High Schools
General Information
Saturday, April 11, 2015

- Entry Registration Go to Direct Athletics to enter your athletes. We will not accept unattached entries in this high school meet. Only entries on a high school roster in North Carolina, Virginia, Tennessee and South Carolina. Coach from the high school must enter their athletes. Entry registration will open March 1, 2015 at 12:00am. There is a max entry of 4 in the running events and 3 in the field events. An athlete can not compete in more than 4 events, including relays.
- Entry Fee..... \$5.00 per athlete for boys and girls with a maximum of \$80.00 per team per gender over 8 athletes...the entry fees will be charged based on the number you enter on the online entry form which includes relay members...however, if you scratch an athlete on Friday, April 10th before 5:00 pm they will not be included in the fees.
- Packet Pickup..... Make Checks Payable to ASU Athletics. You may bring the money or check with you on Saturday morning. You must pick up your packet and pay fees at the entrance to the stadium on the home side beginning at 9:30 am. Athletes will not be allowed to compete until fees are paid.
- Timing..... Timing for all events will be automatic timing by Big Kahuna Timing, Inc
- Awards..... 1st thru 3rd will receive medals for each event..the top three places for relay events will receive medals for each individual in the relay and a relay team trophy. Medal winners will be called to the awards stand by PA system.
- Measurement..... The following guidelines will be used in the following events:
Procedures
- High Jump for girls starts at 4-6, boys at 5-6
Pole Vault for girls starts at 8-0, boys at 9-6
- There will be four jumps for each athlete in the triple jump and long jump,
There will be no finals, the best entered jumpers will be in the first flights.
- The triple jump board for the girls will be at 28 feet...only exception for athlete who has jumped over 39' this season.
- The triple jump board for the boys will be at 34 feet...only exception for an athlete who has jumped over 45' this season.
- The long jump board is 12' from the pit for boys and girls.
- Check-In for Event: Running event check-in will be near the starting line for the event. Look for our clerks to check in. They will put the athletes on the track for their heat.
- Field event athletes need to check-in at the field event site no less than 30 minutes before their event is scheduled to start or when the PA system instructs them to report.
- All members of relay teams must report to the start line area for lane and heat assignments

- Team Area:** Team areas are in the stands. Teams will not be allowed to set up “camp” on the infield... this is a warmup area. This will be strictly enforced, please make it easier for meet management and respect these instructions. Athletes not warming up or leaving after an event will be asked to leave and return to the stands.
- Gate to Track:** The gates to the track from the West Side will be locked and no one is to cross the track from the stands. Everyone needing to go to the infield must exit through the back of the stands and enter the infield area by way of the entrance from the fieldhouse side of the track.
- Tents:** Tents can only be setup in the stands on the West Side (press box side) in the upper section. Not the section below near the track.
- Team areas are not allowed at all on the East Side of the stadium. Spectators may go to the corners to watch the long jump or triple jump and pole vault.
- Coaches Area:** Only the football infield is open to the coaches. Coaches will not be allowed near the long triple jump pit on the track surface. Coaches must stay on the infield for the pole vault and the high jump.
- Balcony Area:** The balcony area at the track level at the fieldhouse is not open for anyone during the meet. Spectators must be in the stands and coaches on the infield.
- First Aid:** The balcony area is the First Aid area if needed. Our trainers are there only to be first responders and can not tape or administer to anyone unless injured during the meet and will only give ice to an injured athlete during the meet. You must bring your own ice for post-race therapy.

Email scratches to weaverjt@appstate.edu
by Friday, April 10th at 5:00 pm

There will be no additions to the events on Saturday unless it is our mistake.
Bring your DirectAthletic confirmation to prove entries.

Appalachian Invitational Special Meet Management Information Please Read Carefully

Coach Weaver's office number (828-262-3074) will be our hotline in case of inclement weather. If the weather looks like it will be a problem, we will make the decision to proceed or cancel by 10:00 pm on Friday night. Do not call prior to this time. Information will be put on the answering machine if weather is a question, otherwise there will be no message.

Absolutely no athletes, spectators, coaches or parents are to enter Owens Fieldhouse or the new Athletic Center at any time during the day. This includes during inclement weather. This is an office area and is Off Limits for this meet!. There are plenty of restrooms under the West Side stands. This area will also provide protection from inclement weather.

No one is allowed on the infield except those athletes coming and going to events, coaches and those athletes receiving awards. However, these athletes may not linger on the infield. We will escort all individuals away from the infield area that don't belong.. If you have a problem and you need to talk with Coach Weaver you may find him on the infield and talk with him.

Important - Please Read

In the triple jump and long jump each athlete will be given four attempts. There will be no finals - only four attempts. Therefore, when an athlete's flight is over, they are finished with that event. If an athlete must leave a field event to run or go to another event, they must return before all the athletes competing in their flight have made their attempts. When the last athlete present has made their last attempt in that flight, the flight is over and the athlete that left will forfeit any remaining attempts if they have not returned before that final flight attempt.. We will not allow that athlete to compete in the next flight if there is one. We will not make calls for absent athletes.

If an athlete leaves the high jump, they will lose any attempts at the height they left if they don't return before the last jump has been made at that height. They may, however, carry any remaining attempts over to the next height and continue to jump.

All events will be sections on time except for the 100m, 110m Hurdles, 100m hurdles. We will take the top 8 times to the finals in those events only. The winners will be the top three performances in timed sections or the finals of the 100m, 110m Hurdles and 100m Hurdles. The fastest will compete against the fastest in time sections. We will snake the pre-lims of the 100m, 110m Hurdles and 100m Hurdles. We will run the fastest sections first in timed section events.

Cooperation and understanding will be the key words for a successful meet. Officials are volunteers and will do the best job they can. If you have a problem, see Coach Weaver and let us handle it. Please stay away from the officials. Please remember we want you and your athletes to have a pleasant experience but we will not allow anyone to abuse officials.

Please coaches you are responsible for your athletes, their conduct and behavior at this meet whether you are there or not.

Appalachian High School Invitational
Time Schedule
Saturday, April 11, 2015

Field Event Schedule

11:00 am Boys High Jump - Girls High Jump to follow
Girls Long Jump - Boys Long Jump to follow
Boys Pole Vault - Girls Pole Vault to follow
Boys Shot Put - Girls Shot Put to follow
Girls Discus - Boys Discus to follow
Girls Triple Jump will follow the Boys Long Jump
Boys Triple Jump will follow the Girls Triple Jump

Running Events

This is the order of events beginning at 11:30 am. Once we have the entries, we will send out a time schedule to will reflect the number of entries in each event. We will do this by Wednesday, April 8th.

11:30 am Girls 100m Hurdles Pre-Lims
Boys 110m Hurdles Pre-Lims
Girls 100m Dash Pre-Lims
Boys 100m Dash Pre-Lims
Girls 4 x 800m Relay
Boys 4 x 800m Relay
Girls 100m Hurdle Final
Boys 110m Hurdle Final
Girls 100m Final
Boys 100m Final
Girls 4 x 200m Relay
Boys 4 x 200m Relay
Girls 1600m Run
Boys 1600m Run
Girls 4 x 100m Relay
Boys 4 x 100m Realy
Girls 400m Dash
Boys 400m Dash
Girls 300m Hurdles
Boys 300m Hurdles
Girls 800m Run
Boys 800m Run
Girls 200m Dash
Boys 200m Dash
Girls 3200m Run
Boys 3200m Run
Girls 4 x 400m Relay
Boys 4 x 400m Relay