“2015 East Classic – Best of the Best”

Bearcat Stadium – Douglas, WY

Tuesday, May 12th, 2015

10:00 a.m. start

Meet Directors: Ryan Mackey (Douglas) – [rmackey@ccsd1.org](mailto:rmackey@ccsd1.org) - \_\_\_-\_\_\_\_ (Cell); \_\_\_-\_\_\_\_ (School)

Walt Smith (Torrington) – [wsmith@goshen1.org](mailto:wsmith@goshen1.org) – 534-6815 (Cell); 532-7014 (School)

Divisions: 7th Girls; 8th Girls; 7th Boys; 8th Boys (6th Graders must compete in upper grades)

Entries: Will be made on [www.runnercard.com](http://www.runnercard.com) . Total number of athletes a school may bring is unlimited, however, entries will be limited to 2 per event and 1 relay team for each relay. An athlete may compete in up to 4 events total (including relays). We encourage you to use [www.athletic.net](http://www.athletic.net) this season to track all results.

Entry Fee: $5/athlete up to $100/school (20 athletes). This is to help defer some of the costs. Checks/PO made out to Douglas Middle School.

Awards: Medals for 1st, 2nd, 3rd place. Certificates for any meet record.

Concessions: Concessions will be available. Provided by \_\_\_\_\_\_. Please support these students.

8:30 a.m. All Scratch/Adds due on [www.runnercard.com](http://www.runnercard.com) – **NO CHANGES AFTER 8:30 a.m**, including field events. Coaches are responsible for making all changes prior to this time. We will **NOT** have a scratch/add meeting.

10:00 a.m. Start of all Field Events & 2400m Run

Participation Rules:

1. Two (2) individuals per event, per school in each division.
2. One (1) relay per event, per school in each division.
3. An athlete **cannot** compete in both the 7th & 8th grade divisions.
4. 6th graders must compete in the upper grade divisions and will count as one of the school’s two entries.
5. An athlete may not run in both the 2400m and 1600m.
6. An athlete may not run in both the 55/75m & 100m hurdles.
7. Depending on numbers, the 7th & 8th grades might be run together in the 2400m; 1600m; 800m. They will be placed/scored separately. Boys and girls will run separately.
8. One-eighths inch (1/8”) spikes only. Please instruct your athletes not to mark the track or runways by scratching with their spikes.
9. The 2400m and all field events will start at 10:00 a.m. Events will then follow each other as soon as one is finished. We will not follow a strict time schedule. Please make sure your athletes are prepared to compete at all times.
10. Running events take priority over field events. If an athlete needs to leave a field event they must inform the field event judge. Athletes are expected to return to the field event immediately upon finishing their running event.
11. Field events flights are shortest to longest seed distance/height. Running events will be heated slowest to fastest seed times. Please provide accurate times/distances/heights.
12. All running events are timed finals. There are no prelims.
13. Field events will have 3 throws/jumps, no finals.
14. Pole Vault – 7th/8th grade will vault together but be scored separately. Boys and girls will vault separately.
15. All heats will be staged in the starting chutes at the south end of the track.
16. Automated timing will be used for this meet.

Special Information – Please be advised of the following:

Hurdles: The 7th/8th grade girls’ hurdle height will be 30” for all distances (55m; 100m; 200m). \*\*Note running order

The 7th/8th grade boys’ hurdle height will be 33” for (75m & 100m) & 30” (200m). \*\*Note running order

Shot Put: We will throw the 4K shot in all divisions. Shot Puts will be weighed and only marked shot puts allowed in the competition. Shot Puts must be declared at the start of the event and kept in the ring area until the division is completed.

Discus: We will throw the 1K discus in all divisions. Discus will be weighed and only marked discus allowed in the competition. Discus must be declared at the start of the event and kept in the ring area until the division is completed.

HJ/PV Starting heights for the High Jump: (7th Girls-4’ 0”); (8th Girls-4’ 2”); (7th Boys-4’ 6”); (8th Boys-4’ 8”)

Starting heights for the Pole Vault: (7th/8th Girls-6’ 0”); (7th/8th Boys-7’ 0”) --- Grades vault together, scored separately.

**Order of Events**

**Field Events – 10:00 start**

Once the High Jump/Pole Vault bar is raised it will not be lowered. (If your athlete is in the High Jump/Pole Vault AND other field events, have them ask the field event judge to let them go first in those events. They then need to complete all their throws/jumps first before going to the High Jump/Pole Vault)

Running events take priority over field events. Make sure the athlete tells the field event judge prior to leaving to run. Athletes are expected to return to the field event immediately after completing their running event.

High Jump: 7th Boys - 8th Boys (North Pit) 7th Girls - 8th Girls (South Pit) \*\* 2” increase/round

Long Jump: 8th Boys - 7th Boys - 8th Girls - 7th Girls (LJ Pit) \*\* 3 Jumps – No Finals

Triple Jump: 8th Girls - 7th Girls - 8th Boys - 7th Boys (TJ Pit) \*\* 3 Jumps – No Finals

Pole Vault: 7th/8th Girls (Run together, scored separately) – 7th/8th Boys (Run together, scored separately) \*\* 6” increase/round

Shot Put: 8th Boys - 7th Boys (East Ring) 8th Girls - 7th Girls (West Ring) **4K Shot Puts Only** \*\* 3 Throws – No Finals

Discus: 7th Boys - 8th Boys (Discus Ring) 7th Girls - 8th Girls (Discus Ring) **1K Discus** \*\* 3 Throws – No Finals

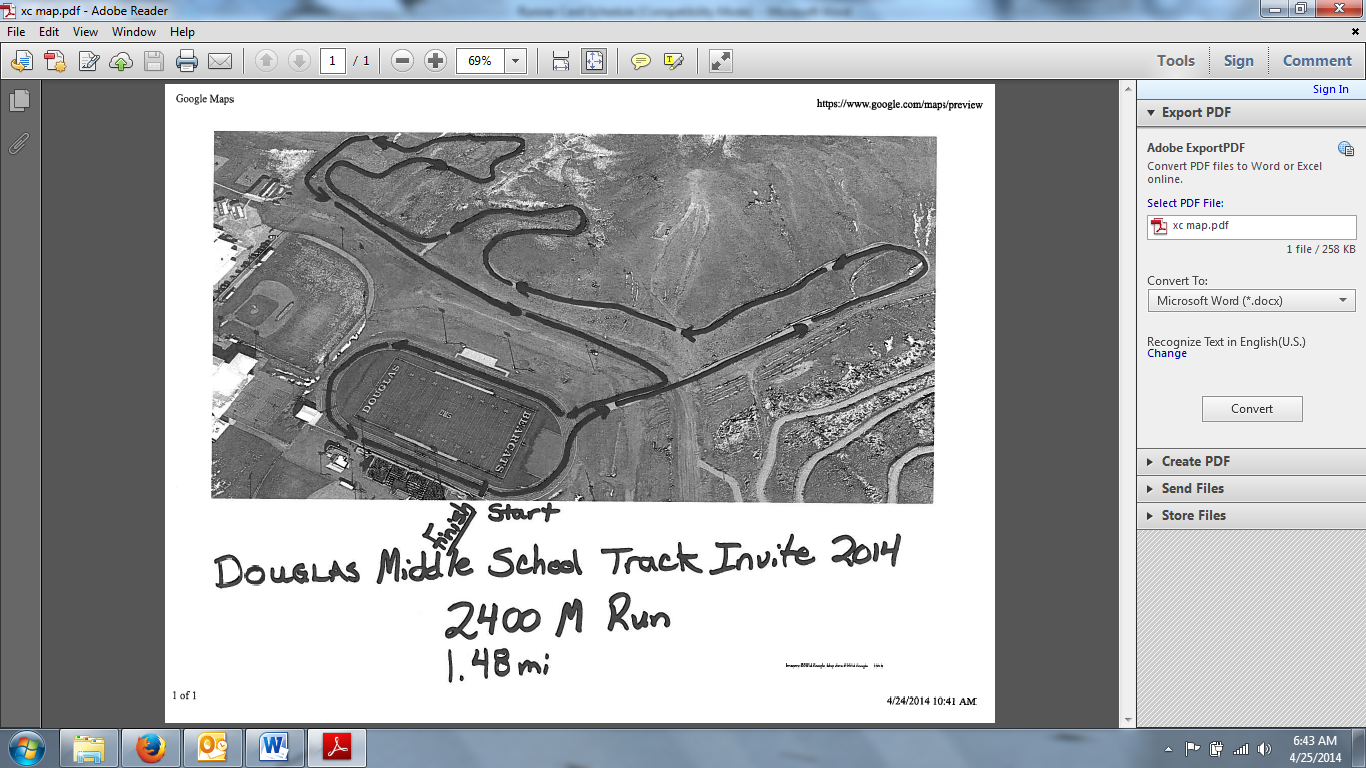
**Running Events – 10:00 start**

All running event will go in this order – 7th Girls; 8th Girls; 7th Boys; 8th Boys unless otherwise noted (see hurdle races). The 2400m will be the first running event with all other running events to follow immediately upon the completion of the previous event. All athletes need to be ready to compete at all times.

* 2400m Cross-Country Run
* 1600m Run
* 100m Hurdles (Girls) – 30”
* 100m Hurdles (Boys) – 33”
* 75m Hurdles (Boys) – 33”
* 55m Hurdles (Girls) – 30”
* 100m Run
* 400m Relay
* 400m Run
* 200m Hurdles (Girls & Boys) – 30”
* 800m Run
* 200m Run
* Sprint Medley Relay (1-1-2-4) – 4x1 exchange zones w/400 cut at start
* 1600m Relay

**Coaches will be asked/assigned to help run off field events, set/remove hurdles, and to pick and/or time.**

**Seeding/Flights will be determined by times/distances/heights entered on RunnerCard. An entry of NT or NH will place the athlete in the slowest heat/lowest flight by default.**



2400m Cross-Country Run

Start/Finish

East Classic - Best of the Best JH/MS Meet