

COACHES INVITATIONAL  
PRESENTED BY POPE HIGH SCHOOL  
FRIDAY & SATURDAY March 17-18, 2017  
**LAKEWOOD STADIUM**, ATLANTA, GEORGIA



The sixteenth annual high school track & field event will bring together Georgia's top girls and boys track and field athletes from all six classifications in the prime time of the season.

**Lakewood Stadium** has a beautiful recently resurfaced MONDO track that should provide some lightning fast times. This event will be open to all GHSA sanctioned schools. If past year has been any indication, this year will also provide excellent competition and excitement for all.

**ELIGIBILITY:** The Georgia High School Association sanctions this event. Any Georgia High School athlete in grades 9-12 eligible under GHSA rules may compete upon selection. Athletes must compete for their school and in their school uniform.

**ENTRY INSTRUCTIONS:** All entries this year will be conducted on-line using <http://ga.milesplit.com/>

**ENTRIES:** Please see the entry limitations on the schedule of events listed below. It is understood that schools have not had the opportunity to compete in some of the **relays** prior to this meet. Please estimate an accurate time in these events and selection will be considered on performances in other events. In an effort to provide the fairest selection process all **individual** entries **MUST** be verified during the entry process. Coaches who do not provide legitimate FAT times for athletes will cause their athletes to be eliminated from competition.

**ENTRY LIMITATIONS:** All Coaches should follow GHSA rules and have their athletes entered in the appropriate number of open and relay events. Schools may only enter **2** athletes in each open event and **1** relay team.

**ENTRY FEES:** Entry fees will be \$15 per athlete plus a setup fee. Maximum entry fee will be \$125 per team. Boys and Girls teams are separate teams. Please send a school check or money order payable to POPE **TRACK BOOSTER CLUB**. Entry fees are non-refundable. NO Coaches will be allowed to pick up their packet until \$\$ has been received. You may also pay via our PayPal account

Entry	Selection	Payment
<b>Deadline for entries is Sunday 3/12/17 at 7:00pm to <a href="http://ga.milesplit.com">http://ga.milesplit.com</a></b>	Notification of selection will be posted via <a href="http://www.gatfxc.com">www.gatfxc.com</a> by <b>Monday 3/13/17 8pm</b>	\$15/athlete + set up fee OR \$125 per team A school check or money order Payable to <b>Pope Track Booster Club.</b>
	Scratch by e-mail to <a href="mailto:cm Monk3@hotmail.com">cm Monk3@hotmail.com</a> by Wednesday 3/15, 2:00 pm.	Mail checks to Pope High School Attn: Cathi Monk 3001 Hembree Road Marietta, GA 30062
<b>NO CHANGES OR SUBSTITUTIONS WILL BE MADE AT THE MEET.</b>	A repost will occur on Thursday 12:00 noon as alternates may move onto the acceptance list as athletes scratch.	PayPal: <a href="http://www.popetfxc.com/">http://www.popetfxc.com/</a> Click on our webstore.

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**PARKING:** Buses should drop off and park in the lot off of Claire Drive Spectators should park off of Olive Street.. A more detailed parking plan will be posted closer to the meet.

**PACKET PICK UP:** Packets will be available for pick up at 4:00pm on Friday 3/17/17 and 8:00am on Saturday 3/18/17.

**ADMISSION:** Admission will be \$7 for everyone. Admission will be charged on both days. Athletes should be prepared to show their uniform to gain access to Griffin Stadium.

**AWARDS:** Gold Relay Batons will be awarded to the Champions on the field in a ceremony immediately after the event. Second and third place will receive a spike bag and may be picked up at the awards table on the infield.

**EVENT SEEDING:** Field events will be seeded from worst to best. Running events sections will be from slow to fast.

**FACILITY:** Lakewood Stadium has a newly resurfaced world-class track that is MONDO. One-quarter inch spikes only are allowed. Warm ups will be on the practice field adjacent to the track or around the parking lot area. Trainers may work in the warm-up area.

**CLERKING:** Athletes should check in 30 minutes ahead of their event at the check in the tent that is adjacent to the start/finish line. Relay athletes should all check together. Track athletes will be escorted to the starting by the clerk. Field event athletes should check in directly at their event area. .

**UNIFORMS:** Athletes must compete in the school issued uniform in compliance with GHSA rules. No jewelry.

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Friday March 17, 2017

TIME	EVENT	COMPETITORS	HEATS/FLIGHT	QUALIFYING
5:00pm	Boys Discus	30	4 throws	Final
5:30pm	Girls High Jump	30	5 alive	Final
5:30pm	Girls Long Jump	30	2 flights	3 Jumps
6:00pm	Boys Long Jump	30	2 Flights	3 Jumps
6:00pm	Girls Pole Vault	30	5 alive	Final
6:45pm	Girls Shot	30	4 throws	Final
6:15pm	Girls High Hurdle-Semi	32	4 heats	Section vs time
6:30pm	Boys High Hurdle-Semi	32	4 heats	Section vs time
6:50pm	Girls 100m – Semi	32	4 heats	Section vs time
7:05pm	Boys 100m-Semi	32	4 heats	Section vs time
7:25pm	Girls 4x1600m Relay	15 teams	1 heat	Final
8:00pm	Boys 4x1600m Relay	15 teams	1 heat	Final
8:30pm	Girls Sprint Medley	32 Teams	4 heats-Final	100,100,200,400
8:55pm	Boys Sprint Medley	32 Teams	4 heats-Final	100,100,200,400

Saturday March 18, 2017

TIME	EVENT	COMPETITORS	HEATS/FLIGHT	QUALIFYING
9:30am	Girls Discus	30	4 throws	Final
10:30am	Boys High Jump	30	5 alive	Final
10:30am	Boys Pole Vault	20	5 alive	Final
11:00am	Girls Triple Jump	30	3 jumps	Final
11:00am	Boys Triple Jump	30	3 jumps	Final
12:00pm	Boys Shot	30	4 throws	Final
11:00pm	Girls Emerging Elite	10 (9 <sup>th</sup> /10 <sup>th</sup> ONLY)	1 heat	Final
11:10pm	Boys Emerging Elite	10(9 <sup>th</sup> /10 <sup>th</sup> ONLY)	1 heat	Final
11:25am	Girls 3200m Run	16	1 heats	Final
11:45am	Boys 3200m Run	16	1 heats	Final
12:00pm	Coed Sprint Medley (G,B,G,B)	32	4 heats	Final 2 2 4 8
12:25pm	Girls Elite 400	8	1 heat	Final
12:45pm	Boys Elite 400	8	1 heat	Final
1:10pm	COACHES 4x100		1 heat	Final
1:20pm	Girls 4x100 Relay	32	4 heats	Final
1:40pm	Boys 4x100 Relay	32	4 heats	Final
2:00pm	Girls 3200m Run (fast)	16	1 heat	Final
2:20pm	Boys 3200m Run (fast)	16	1 heat	Final
2:40pm	Girls 100m Final	8	1 heat	Final
2:45pm	Boys 100m Final	8	1 heat	Final
2:50pm	Girls High Hurdle Final	8	1 heat	Final
2:55pm	Boys High Hurdle Final	8	1 heat	Final
3:05pm	Girls 4x800 Relay	30	2 heats	Final
3:30pm	Boys 4x800 Relay	30	2 heats	Final
3:45pm	Girls 4x400 Relay	32	4 heats	Final
4:05pm	Boys 4x400 Relay	32	4 heats	Final

