

Date 3/31/18

## **Middle School Region Championships**

PLACE: Franklin County High School

[6570 Hwy 145](#)

[Carnesville, Ga 30521](#)

SCORING: Top 6 places will be scored.

AWARDS: 1st and 2nd Place Team Trophies for Each Gender

1st- medals 2nd-3rd Ribbons

ENTRIES Two entries per school and two relay teams per school.

We will be doing online entries for this years meet. Deadline for entries are March 14th ,2017 . Entry Rules are Top 2 for each event, 2 relays per school per event.

Please use verified entries only. Performances must be VERIFIED to be used for seeding.

TIMING: The Perfect Timing Group will be providing F.A.T (fully automated timing) for our meet this year and results will be uploaded to [ga.milesplit.com](http://ga.milesplit.com)

CHECK IN: Heat sheets will be sent to coaches on Friday afternoon March and posted on [GA.MILESPLIT.com](http://GA.MILESPLIT.com). I will also have copies for your coaches available. One-for-one substitutions may be made with the clerk of course on the day of the meet as long as no one violates the participation limit.

FIELD EVENTS: Every contestant in the shot, discus, long jump and triple jump will be given 3 attempts.

CLERK: The clerk table will be situated at midfield. Hurdles will be provided for warmups. All athletes may warmup on the infield or on the practice fields at the top of the stadium. Athletes must check in and stay with the clerk of course by 2nd call. Failure to check in and follow clerk's instructions will result in disqualification. Hip numbers will be issued to each athlete; they are to be placed on the left hip. We will walk the athletes out onto the track from the clerk area.

FACILITIES: The track at Franklin County HS is an all-weather track and has been freshly painted for this meet. We have new hurdles and blocks available for all events this year. We will utilize the 3-turn stagger rules. ---1/4 inch or less Pyramid spikes only on the track. Two Horizontal jump runways are at the far end of the stadium underneath the scoreboard. The pole vault runway is in the far endzone. High Jump is located in the near endzone. The discus cage is oriented next to the high jump pad. The shotput is located at the far end of the stadium next to the horizontal jump pits.

Head Coaches must submit the new GHSA Pole Vault verification form at the beginning of the meet to verify the weight of all vaulters and the pole ratings.

The throwing areas will be marked with the 34.92 degree sectors.

PARKING: Buses should unload at the stadium gate and park in the far parking lots behind or in front of the school. Please do not park buses in front of the stadium.

ENTRY FEE: Entry fees are \$125.00. Payments can be made by sending payment to

Yvonne Teasley

Franklin County Middle School

485 Turkey Creek Road

Carnesville GA 30521

Make checks payable to:

Franklin County Track and Field

You may also bring your payment to the Coaches meeting Saturday Morning

GATE FEE: \$4.00 for adults and \$3.00 for students.

CONCESSIONS: There will be a full concession area provided.

HOSPITALITY: All coaches will receive meal tickets for meals in the concession stands.

PROTESTS: All protests or complaints must be directed to the Meet Director in writing. The Games Committee will make all rule interpretations.

RULES: All National Federation rules and NEGIAA rules will apply including jewelry and uniform rules. No electronics in the restricted competition area. Check with event official about non restricted areas for athletes to view video or pictures.

RELAYS: Two relay entry per team. When entering on line you must list 4 runners and 2 alternates---any of those 6 may run on the relay.

SCHEDULE OF EVENTS FOR 2018 Middle School Region Track Meet

FIELD EVENTS: (Participants should report to their respective competition areas.)

(3 trials each in Discus Throw, Long Jump, Shot Put, Triple Jump)

9:00 Boys Shotput, Girls Discus, Boys Long Jump, Girls Triple Jump, Boys High Jump, Girls Pole Vault

10:00 Boys Discus, Girls Shotput, Boys Triple Jump, Girls Long Jump, Girls High Jump, Boys Pole Vault

RUNNING EVENTS: The order of all common running event heats will be girls followed by boys.

(Please note any/all exceptions below.) If field events finish early we will immediately begin the running events. We will have a rolling schedule, if we get ahead, we will stay ahead.

8:30 AM- Coaches Meeting

9:00 AM 100m Dash

9:45 AM 100H/110HH

10:45 AM 4X100 Meter Relay

11:15 AM 1600 Meter Run (Arc Start, girls then boys)

11:45 PM 400 Meter Dash

12:00 AM 800 Meter Run (One-Curve Stagger)

12:15 PM 200 Meter Dash

12:30 PM 300 hurdles

1:10 PM 4X400 Meter Relay

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Girls Track Coach  
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