

## 3/21 Additional Meet Information

Hello All Ponderosa T&F Staff, Athletes, Families and Fans,

Reminder that tomorrow's Sky Mote Invite @ Union Mine HS is a get to the meet and get home from the meet on your own. There will NOT be any school transportation except for the equipment needed for our team. Athletes are allowed to arrive in time to check in, warm up and be ready for their event! Athletes then may check out with Coach Norwood (any Norwood Coach) when they have completed their cool down and are done for the day. The coaching staff will be on site by 7am Saturday with a team camp area set up. Athletes that are Unified or compete in any of the first events; boys long jump, boys discus, boys high jump, girls shot put, girls pole vault, should all plan to arrive around 7:30am, start warm ups by 8am, competition starts @ 8:30am. Track events start @ 9am and thus any first track event athletes could plan to arrive by 8am, warming up by 8:30am. The rest of the day will be on a rolling schedule. DO NOT miss your event / race we have paid for you to be in and took a team entry spot someone else could have had. Please plan to be early, and this will allow for parking, walking in and getting an understanding of the lay out of the meet.

If you have visited our athletic.net page and taken a look at our season schedule you know that there has been additional information posted for tomorrow's Saturday Invite @ Union Mine High School. If you click on the event and then click "Meet Info" you will find a link to Meet Information. Below is some of that information that pertains to athletes and families:

### **Spectators:**

Spectators will be able to enter through 2 entrances. The main entrance is from the Parking Lot 1 by the Tennis/Basketball Court and Pool side entrance. The secondary entrance is through the rear of the school by the baseball/softball fields. Ticket information is provided below.

**\$5/adult (18 and above), \$3.00 (Children 5-17 and Seniors 65 and above) 5 and under/Veterans or Active Duty Military free.**

### **Parking:**

Parking is available on campus in two primary lots: Upper and Lower Lots. There will be an overflow lot available once these two lots get full. Please park in designated parking spots only.

### **Snack Bar:**

We will have a full snack bar available with payment accepted with cash or card.

**Clerk of the Course:** Clerk of the course will be in a tent on the grass field at the north side of the stadium. Student athletes can check in to the clerk of the course after hearing their 1st call. 2nd and 3rd calls will be provided as the meet moves towards the

start of the event. Student athletes will need to receive hip numbers at the clerk of the course, then proceed onto the infield of the stadium to warm-up. 100-400m and hurdles need one hip number, relays only require one hip number on anchor leg, and 800-3200 require two numbers on hip and chest.

- **Adjustments to Running Events.** We will allow adds and changes the morning of the event for running events. We will have our clerks ready at 7:00AM to assist with these adjustments. The cut off for adds and changes will be 8:45AM, 15 minutes before the first race. No other adds or changes will be accepted past 8:45AM. Adds will be accepted if there is room in the last section of the event. If there is no room in the last section of an event, runners will not be added.
- **Scratches.** Scratches do not need to be communicated. We will be crashing heats in real time.
- **Adjustments to Field Events.** We will allow adds and changes during the course of the day for field events, up to the allowed 3 students per division. We will have our officials ready to assist with these adjustments. The cut off for adds and changes will be when the pit opens for horizontals, the gender opens for the high jump, pole vault, shot put, and discuss. Please try to get these adds done by 8:30AM.

### **Warm-Up Areas:**

Warm-Up Area will be on the grass field on the North Side of the stadium. Once the announcer has called 1st, 2nd, or 3rd call, those competing can move to the infield of the stadium.

### **Events:**

Order of Events and Field Event Information can be found [HERE](#).

### **Scoring:**

The meet will be scored through 6 places: 10-8-6-4-2-1. Medals will be awarded to the Top 3 finishers in each division and can be picked up at the end the awards tent, by the clerk of the course after the announcer has announced the results.

**Unified Division:** This division will follow the same entries limits as all divisions. 3 Unified Pairs per school, 1 400 Meter Relay Team. A Unified Pair must stay the same throughout the meet. Example: The same General Education Student Athlete must be paired at Unified Shot Put and Unified Long Jump.

- Unified Student Athletes will follow this schedule.
- Gather at the Triple Jump Pit to compete at 8:00AM.
- 8:00AM-8:30AM: Run Throughs
- 8:30-9:00AM: Unified Long Jump
- Move to Unified Shot Put. At the conclusion of the competing Frosh/Soph Girl Shot Put Flight, Unified Shot Put will warm-up and compete.
- Once Unified Shot Put is complete, then we will move to 400 Meter Relay.

- Unified 100 Dash will be the first Sections of the Dash.
- Medals available to Top 3 Pairs in Unified Shot, Unified Long Jump, Top 3 Unified 400 Meter Relay, and Unified 100 Meter Dash

### **Field Events:**

Field Events will begin at 8:30am and Running Events will begin at 9:00am. Warm up for field events start at 8:00am, starting with the first flight of the division listed below. Coaches can add or adjust divisions in all field events until 8:30AM. After 8:30AM, there will be no additions or adjustments to any flights. Student athletes must check in for their flight before the flight starts, student athletes will be scratched if they are not checked in when their flight begins. Student athletes can check out/check back in once the flight starts to compete in other events.

#### Horizontal Jump:

- 4 Trials. No Finals for Frosh/Soph and Varsity Girls and Boys Divisions.

Long Jump: 30 Minute Warm-Ups for each Division.

- Unified Girls and Boys 8:00AM-8:30AM
- All Frosh/Soph Boys. 8:30AM-10:00AM
- All Varsity Boys. 10:30AM-12:00PM
- All Frosh/Soph Girls. Open Pit. 12:30-2:00PM
- Varsity Girls. Open Pit. 2:30-4:00PM

Triple Jump: Girls Warm-Ups at 8:00, Boys Warm-Ups at 11:30AM.

- All Frosh/Soph and Varsity Girls. Open Pit. 8:30AM-11:30AM.
- All Frosh/Soph and Varsity Boys. Open Pit. 12:00PM-3:30PM.

Vertical Jump: No Five Alive. Jump off only for 1st place.

High Jump: 2" incremental increases.

- Frosh/Soph Boys Flights - Starting Height 4'-6"
- Varsity Boys Flights - Starting Height 5'-00"
- Frosh/Soph Girls Flights - Starting Height 3'-6"

- Varsity Girls Flights - Starting Height 4'-06"

Pole Vault: 6" incremental increases.

- Frosh/Soph Girls Flights - Starting Height 5'-00"
- Varsity Girls Flights - Starting Height 6'-00"
- Frosh/Soph Boys Flights - Starting Height 7'-00"
- Varsity Boys Flights - Starting Height 8'-00"

- **Throwing Events:**

- 4 Trials. No Finals. We will not measure every throw. Each student athlete in each flight will be assigned an indicator. If a student athlete throws further than their indicator, it will be moved to that location. After 4 trials, the student athletes indicator will be measured.
- Discus Throw:
  - Varsity Boys Flights
  - Frosh/Soph Boys Flights
  - Varsity Girls Flights
  - Frosh/Soph Girls Flights
- Shot Put:
  - Frosh/Soph Girls Flights
  - Varsity Girls Flights
  - Frosh/Soph Boys Flights
  - Varsity Boys Flights

You can also find an Order of events for the meet above and in the "Meet Info.", This sheet is also being sent home with each athlete today and they should bring it to the meet! If you click on "[Announcer -Clerks](#)" you can find tomorrows Sky Mote Heat Sheets. I've also tried to link it here but sometimes I cannot link from forms / sheets other coaches have uploaded onto athletic.net. Thus why I am giving instructions on multiple ways to access this information.

I hope this helps for your planning purposes!

:) Coach Karen Norwood

Working hard to get better...GO BRUINS!