

Region 5-AAA Region Track Meet Information

Coaches:

As we agreed upon at the Region Meeting in the fall, both the Girls and Boys Region Meets this year will take place from April 17 through April 19 at Lakewood Stadium. Here is a schedule of events for the meet. This year, we are asking that you submit your entries online using <http://ga.milesplit.us/> ; the link to the meet is: <http://ga.milesplit.com/meets/103484-region-5-aaa-championship>

This format for meet entry is one that I think many of us have used. I have included a link to instructions for the three steps involved (You may complete steps 1 and 2 now; in fact, they take the most time, and I advise starting on them early. Then complete step 3 by each meet's entry deadline).

Entry Instructions: http://www.milesplit.com/pages/Online_Meet_Reg_Instructions

REMINDER: When you enter your athletes or relay teams, the data base will find that athlete's or relay's best performance in that event. Please do not adjust these times based on how you hope the athlete will perform because seeding will not be accurate if you do. USE THIS SEASON'S BEST FAT TIME AND DISTANCE.

Sunday, April 15 (by 5:00 PM)

Entries for Region Meet due to <http://ga.milesplit.com/meets/103484-region-5-aaa-championship> Please fax or e-mail a copy (using the GHSA form) to Coach Tim Hamling of Woodward (404-765-4459) for the region records. MAKE SURE TO DECLARE YOUR 6 RUNNERS FOR EACH RELAY.

Monday, April 16

I will email you a copy of the meet program (in the AM, or possibly even Sunday PM) so that you can review it and make any necessary changes. I will then ask Phil Logan (our timer) to re-open the entries so that you can make your changes. Let's set the **deadline to make these changes for 8:00 PM Monday** so that you will be able to make decisions after you complete Monday's practice. **After this time, the entries will close again and there can be no additions or substitutions; only scratches will be allowed.** I will receive a new and final meet program that will include your changes and forward that new program to you (probably sometime Tuesday AM).

Tuesday, April 17 @ 4:00 PM @ Lakewood Stadium

Day 1 of 2012 5-AAA Region Meet: Finals for the 1600 and 4x800. Preliminary rounds for all other running events, except the 3200 (we followed this same schedule and advancement formula last year). Warm-Ups begin at 3:00 PM; Coaches Meeting at 3:30 PM. The time schedule below is an approximation; we will follow a rolling schedule after the first event. Girls will run before boys.

Schedule for Running Events (April 17)

- 4:00 4x100M Relay: 4 Heats (4 winners + next 4 advance)
- 4:20 1600M Heat 1 (Slower Heat; runners may score out of either heat)
1600M Heat 2 (Faster Heat; runners may score out of either heat)
- 4:50 400M: 4 Heats (4 winners + next 4 advance)
- 5:15 100M: 4 Heats (4 winners + next 4 advance)
- 5:35 110M Hurdles: 4 Heats (4 winners + next 4 advance)
- 5:55 800M: 2 Heats (Top 2/Heat + next 4 advance)
- 6:15 200M: 4 Heats (4 winners + next 4 advance)
- 6:40 300M Hurdles: 4 Heats (4 winners + next 4 advance)
- 7:05 4x800M Relay (Exhibition Only; Non-Scoring)
- 7:35 4x400M Relay: 4 Heats (4 winners + next 4 advance)

Wednesday, April 18 @ 4:00 PM @ Lakewood Stadium

Day 2 of 2012 5-AAA Region Track Meet: Preliminary rounds and finals for all field events. Warm-Ups begin at 3:00 PM; Coaches Meeting at 3:30 PM. The order below for Triple / Long matches the order of events at the State Meet.

Schedule for Field Events (April 18)

- 4:00 Girls Pole Vault: 5-alive format (will start at lowest entered height)

Girls High Jump: 5-alive format (will start at lowest entered height)

Girls Long Jump: 2 Sections (Top 9 advance to finals)***

Boys Triple Jump: 2 Sections (Top 9 advance to finals)***

***The reason for this order for these two horizontal jumps is that this is the order they occur at state—Girls LJ then Girls TJ and Boys TJ then Boys LJ. It will help our region's athletes to practice competing in the same order

Boys Discus: 2 Sections (Top 9 advance to finals)

Girls Shot Put: 2 Sections (Top 9 advance to finals)

- 5:30 Boys Pole Vault: 5-alive format (will start at lowest entered height)

Boys High Jump: 5-alive format (will start at lowest entered height)

Boys Long Jump: 2 Sections (Top 9 advance to finals)***

Girls Triple Jump: 2 Sections (Top 9 advance to finals)***

***The reason for this order for these two horizontal jumps is that this is the order they occur at state—Girls LJ then Girls TJ and Boys TJ then Boys LJ. It will help our region's athletes to practice competing in the same order

Girls Discus: 2 Sections (Top 9 advance to finals)

Boys Shot Put: 2 Sections (Top 9 advance to finals)

Thursday, April 19 @ 5:00 PM @ Lakewood Stadium

Day 3 of 2012 5-AAA Region Track Meet: Finals for all running events. Warm-Ups begin at 4:00 PM; Coaches Meeting at 4:30 PM. The time schedule contains some extra time between events to update team standings, sort medals, move hurdles, etc.

Schedule for Running Events (April 19)

5:00	4x100M Relay FINAL
5:15	3200M Heat 1 (Slower Heat) FINAL
5:45	400M FINAL
6:00	100M FINAL
6:15	110M Hurdles FINAL
6:35	800M FINAL
6:50	200M FINAL
7:05	300M Hurdles FINAL
7:25	3200M Heat 1 (Faster Heat) FINAL
7:50	4x400M Relay FINAL
8:00	Awards Ceremony

Friday, April 20--Raindate

If Lakewood is not available this date, we can complete the meet at Woodward Academy.

Important Information:

- The pole vault and high jump will follow the 5-alive format.
- For the long jump, triple jump, shot put, and discus, there will be two flights (a weak flight followed by a strong flight). Each competitor will receive 3 attempts in the opening round. The top 9 in each event will advance to a final round where they will receive another 3 attempts. An athlete may win the event with any of the 6 attempts.
- For both relays and sprints (400M and less), there will be 4 heats. The winner of each heat (4 total runners) plus the next 4 fastest times will advance to the final. If the total number of entries allows us to run 3 heats, then the winner of each heat (3 total runners) plus the next 5 fastest times will advance to the final.
- For the 800M, there will be 2 heats. The top 2 finishers in each heat (4 total runners) plus the next 4 fastest will advance to the final.
- For the 1600M and 3200M there will be 2 heats, a slower and a faster. **An athlete may score points for his team out of either heat.**

Please let me know when you receive this information simply by sending a quick e-mail back to me. You may always reach me at any of the numbers below.

Thanks,

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