

6 T H A N N U A L L O N G H O R N S T A M P E D E

Entry Information:

- Email Coach McCormick for the password: jomccormick2@forsyth.k12.ga.us
- \$70 per team or \$100 for both girls and boys teams
- Make checks payable to: LHS Track Booster Club.
- Please bring the check.
- All entries will be made via ga.milesplit.com.
- 3 athletes per event, per team and 2 Relays per team
- We will have the 4x800.
- 200 and 1600 unlimited (There will be one officially timed mile for both the boys and girls. The open mile will be the first timed running event and will be held at the beginning of the meet.)

Admission:

- Admission will be \$5.00.
- Please announce the admission fee to your parents and fans.
- Children under 10 are free.

Concessions:

- There will be full concessions.

Coaches Hospitality:

- There will not be a hospitality room, but we will have pizzas and drinks for coaching staff during the running portion of the meet for lunch.

Parking:

- Please have your buses park in the school's parking lot. Do not allow them to park in the stadium parking.

Check-in:

- Check in for field events will be at the event.
- All athletes in running events must check in with the clerk underneath the home stands.
- Check-in will be beneath the stadium near the front gate.
- Please keep all athletes that are not staged to participate in the next event in the stands (home-side).

Pole vault verification:

- Please turn in completed pole vault verification forms at the coaches' meeting.

Team site:

- The visitors' stands will be CLOSED. All seating will be on the home-side.

Awards:

- Medals- 1st and 2nd Place Finish in each event
- Trophies awarded to 1st, 2nd, and 3rd Place Teams

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Order of Events:

- **8:30 AM - Coaches Meeting**

Field Events:

- **9:00 AM - Start times for all field events**
 - Shot B/G,
 - Discus G/B,
 - Long Jump B/G (Triple Jump B/G will follow Long Jump)
 - High Jump G/B
 - Pole Vault G/B

Running Events:

- **8:45 AM –girls and boys open 1600m run. This event will not be officially timed, but we'll run the clock.**
- **9:45 start**
- **All running events will be girls followed by boys- fastest runners will be in last heats.**
 - 3200m (G/B to be run separately)
 - 4x100m relay
 - 4x800m relay
 - 400m dash
 - 100m dash
 - 100/110m hurdles
 - 800m run
 - 200m dash
 - 300m hurdles
 - 1600m run
 - 4x400m relay