

Open All Comers Track and Field Meet

Arrowhead High School

Meet Information:

Who: Anyone is welcome to run in this meet. Age groups are 6 and under, 7-8, 9-10, 11-12, 13-14, and 15 and up. Compete against your gender and age group.

Time: 4:45 pm – We will be ready for athletes to pick up their bib numbers, if not a bit earlier. Athletes will be known and identified by a number during the meet. That method is much quicker than writing names.

5:00 pm - We will start field events.

5:30 pm – We will do a team dynamic warm up.

6:00 pm - We will start running events.

Workers:

Meet management: Jill Bradley (MARC) – let me know if you have questions or comments

Starter: Coach from MARC

Clerk: Coach from MARC

Timers: Head Timer is a Coach from (MARC). We will *need 8 timers* to time each of 8 lanes. I have a time machine with button finish so timing results are recorded on a computer. No hand held watches are needed.

Most likely the timers will be MARC Coaches, some volunteers may be called upon for certain races.

8 additional timers and potentially 8 pickers needed during the 50 yard dash while we simultaneously run the 100. The 100 will be on the home stretch, the 50 will be on the back stretch.

Field Event Judges – volunteers will be obtained from each school. See separate sign up schedule.

- We **will need** at least **2 x 5 to run the long jump**. Operating two pits will make things run must quicker. Volunteers needed = One to call the athletes up to jump and record their jump, one to hold one end of the tape, one to mark the sand and hold the other end of the tape, and one to rake.
- We **will need** at least **3 x 3 to run the high jump**. Operating in shifts of an hour for each shift. Volunteers needed = One person will call the athletes up to jump and record their jump, while two will replace the bar. Those two people will also measure the height of the bar and set the standards accordingly.
- We **will need** at least **1 or 2 x 4 to run the shot put**. Operating one ring is probably enough, but two rings could make things go quicker. Volunteers needed = One to call the athletes up to throw and record their throw, one to hold one end of the tape, one to mark the throw and hold the other end of the tape, and one to shag the shots.
- We **will need** at least **1 x 4 to run the javelin**. Operating only one ring. Volunteers needed = One to call the athletes up to throw and record their throw, one to hold one end of the tape, one to mark the throw and hold the other end of the tape, and one to shag the implements.
- We **will need** at least **1 x 4 to run the discus**. Operating only one ring. Volunteers needed = One to call the athletes up to throw and record their throw, one to hold one end of the tape, one to mark the throw and hold the other end of the tape, and one to shag the implements

Awards – Each runner will get a ribbon! Meet results will be compiled after the conclusion of the meet. Ribbons will be labeled with each participants name, event, and results. The ribbons will be delivered to the Head Coaches of each team to distribute to their team within two days after the meet.

Upon arrival at the track – Please show up at the registration tables. Each table is assigned to a team. At your team’s table – please find your sticker number that has been assigned to you and wear it on the shirt you will be racing in.

What to do - Proceed to the field event you wish to participate in. Otherwise proceed to the area where your team is to warm up and then show up at the starting line of each race that you wish to run. The clerk will assign runners to lanes or positions in heats based on age and gender. The clerk will write down each athlete’s number, in each lane, in each race to determine who ran what. You may run or compete in as many events as you like. **NO LIMITS!**

Order of events – Most likely, we will run youngest to oldest, alternating girls first, then boys. We will arrange heats as quickly and fairly as possible under each circumstance

The 800 and 1600 will be run cross country style, so we can run more runners on the track at one time.

Relays – will be formed during the course of the meet and finalized at the starting line. The individuals to run in a relay can be recruited over the course of the night. The kids (or coaches) should find who they want to run with and make sure all 4 of them get to the starting line. You will need to fill out a relay card with those 4 runners listed on it. This card will be handed to the clerk to determine heat and lane assignments. The relay “team name” should include something to differentiate between other relay teams from the same club or school.

Order of Events:

- 100 hurdles – 5 hurdles, 30 inches high
- 1600
- 100 dash – on the home stretch – at the same time as the 50 dash – girls to start at the 100 then go run the 50
- 50 dash – on the back stretch – at the same time as the 100 dash – boys to start at the 50 then go run the 100
- 400
- 4x100
- 800
- 200
- 4x400

Announcements – I have a speaker system so I will be able to make announcements. I will try my best to make first calls, second calls, third calls for the athletes to check in for their race. Athletes are responsible for getting to the clerk and starting line on time. I will have paper copies of the order of events available for reference.

Check in with the clerk – She will be near the starting line – but not too close because we don’t want the congestion to interfere with the race. Be listening for your race! Check-in plenty early with the clerk to let her know you are willing and able to run in that race! The clerk will give the athlete their lane number and heat assignment. The athlete is responsible for remembering that!

THANKS!!! Hope to have a great meet and let the kids get some great experience!!