

**28th Annual Viking Track Classic 2017**

Important Meet Information

**Field Events Check-In**

Check in at the event site 30 minutes prior to the scheduled start of the event. If the meet schedule is delayed, check in after the meet announcer gives the **“first call”** for the event. No check-ins will be allowed after the start of the event. Use the southwest fence gate to enter and exit the track infield.

**Track Event Check-In**

Check in at the bullpen (southwest corner of the track) 15 minutes prior to the scheduled start of the event. Verify your runner heat and lane number. Return to the bullpen area 5 minutes prior the heat starting.

**Substitutions**

Limited substitutions will be allowed for running and field events when scratches permit; runner must check-in with competitor number at the bullpen prior to race.

**Additions**

**No** additions are allowed at all! **PERIOD!!**

**Track Event Heats**

All running events are timed finals. Hand times (unofficial) may be read to finishers at the finish line. The last heat of each event will be the “fast” heat, based on entry times and seeding. All heats for any one division will be combined to determine medal award winners.

**Shot Put, Discus, Long Jump and Triple Jump**

These events will be conducted in flights of 5 to 7 competitors, each being allowed to take a maximum of 4 attempts.

**High Jump**

Opening heights are 4’4” for Varsity Girls and 5’2” for Varsity Boys.

**Pole Vault**

Opening heights are 7’0” for Varsity Girls and 9’6” for Varsity Boys.

**Results**

Printed results will be posted on the shed near the bullpen as soon as they are available. Compiled results will be posted on redwoodempirerunning.com.

**Awards**

Medals to the top 5 overall performers in all Varsity events, including relay teams. Awards will be placed in team envelopes in the press box and will be available for pickup throughout the day.

**Field and Track Access**

Only participating athletes are allowed inside the fence that borders the track. Coaches, spectators and non-participating athletes will be asked to remain outside the fence. **DO NOT** disturb officials at the timing station and do not cross into taped-off areas.

All warm-ups need to take place on the baseball field on the North side of the track. No warm-ups will be allowed on the track infield.

**Entry Fees**

If you have failed to pay your team’s entry fees on time, we certainly understand the mishaps and delays that can occur. We make a poor collection agency, however, and expect delinquent fees to be investigated and taken care of promptly by you, the coach. Your team’s future participation in this meet depends on it.

**Sponsors, T-Shirts, Programs and Snack Bar**

* Viking Track Classic t-shirts are on sale at this event
* Saucony and Fleet Feet Sports will be selling spikes and accessories
* The snack bar will be serving a variety of food and drinks.

**Running Events**

All running events are timed finals with automatic timing. Hand times may be read to finishers at the finish line. The last heat of each event will be the “fast” heat, based on entry times.

**Field Events**

Athletes not checked in when the competition begins will be scratched.

**Long Jump and Triple Jump**

Due to time restraints and limited facilities, minimum entry requirements have been established (see entry form for each event).

**Shot Put and Discus Throw**

Minimum distance for measuring throws:

**Event Varsity Girls Varsity Boys**

**Shot Put** 20 feet 30 feet

**Discus**  70 feet 100 feet

These events will be conducted in flights of 5 to 7 throwers. Each thrower will be allowed to take a maximum of 4 throws.