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## 29thAnnual Viking Track Classic Information - 2018

Meet Date: Saturday, April 21, 2018

Meet Site: Montgomery High School, 1250 Hahman Drive, Santa Rosa

Meet Time: First Event at 8:35 a.m. Last Event at 5:30 p.m.

Meet Website: <http://www.montgomerytrack.com/Viking-Track-Classic.php>

Email Contacts for Entry information: Bryan Bradley ([bstrick4211@yahoo.com](mailto:bstrick4211@yahoo.com)) and Aaron Ford ([aaron@fordtiming.com](mailto:aaron@fordtiming.com))

**Send entry fee check (payable to MHS Track) to:**

1. Montgomery Track and Field (Attention: Bryan Bradley)

1250 Hahman Dr.

Santa Rosa, CA 95405

2. Pay at the entrance gate near baseball field, Coaches Check-in.

No late payments will be accepted.

# Event List and Entry Fees

There is a maximum fee of $275 per school. For those paying less than the maximum the fees are as follows:

**Each Relay Team:** $15

**Each Athlete per Event:** $10

**Coach/Open 1600m:** No charge. Limited to public, parents and coaches only. $5 gate/entry fee is required. Race will start at 8:35am.

**HOW TO ENTER** (Entry dead line is Sunday, April 15that 11:59 PM) Entries for this meet is only accepted on Athletic.net.

1. Please log on to your athletic.net account.
2. Search for “Viking Track Classic”. It should be the first in the search bar.
3. Scroll down, click “Register Athlete for events”
4. You are now able to enter your athletes for each event. If you need to add any athletes to your roster. Scroll to the bottom, click “add athlete”.
5. Please let me know if you need any assistance. ([bstrick4211@yahoo.com](mailto:bstrick4211@yahoo.com))

# Entry Rules

1. Athletes can compete in a maximum of four events, which includes relays.

2. Schools are limited to **three** entries in each event and unlimited entries in **Open** events.

3. **Open** events include the 1600, 400 and 100 m runs and are open to any athlete**.**

4. **Substitutions** for teammates may be allowed on meet day; see below.

5. Meet day **additions** will not be allowed.

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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 6 to 8 competitors, each being allowed to take a maximum of 3 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 posted at [redwoodempirerunning.com](mailto:redwoodempirerunning.com), and [Athletic.net](mailto:Athletic.net)

**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.

**T-Shirts and Snack Bar**

Viking Track Classic t-shirts are on sale.

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**

1st throw will be measured. Minimum distance for final 2 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 8 to 10 throwers. Each thrower will be allowed to take a maximum of 3 throws.