



31st Annual Bryan Bradley Viking Track Classic Information

Meet Date: Saturday, April 23, 2022

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

Meet Time: First event begins at 8:35 a.m. Meet projected to end between 5:30-6 p.m.

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

Email Contacts for Entry information: Head Track & Field Coach Melody Karpinski (montgomeryvikingsxc@gmail.com) or timer Aaron Ford (aaron@fordtiming.com)

Send entry fee check to arrive by Thursday, April 21, (payable to MHS Track) to:

1. Montgomery Track and Field (Attention: Melody Karpinski)
1250 Hahman Dr.
Santa Rosa, CA 95405
2. Packet pick-up/race day payment/coach check-in at the entrance gate near baseball field. No late payments will be accepted or your school is at risk to be denied entry into the meet.

Event List and Entry Fees

There is a maximum fee of \$300 per school. For those paying less than the maximum the fees are as follows:

Each Relay Team: \$18

Each Athlete per Event: \$12

Coach/Open 1600m: No charge. Limited to public (18 or older), parents and coaches only. \$5 gate/entry fee is required. Race will start at 8:35 a.m. unless extra heats require us to start earlier.

HOW TO ENTER (Entry deadline is Sunday, April 17th at 11:59 PM) Entries for this meet are 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 (montgomeryvikingsxc@gmail.com)

Entry Rules

1. Athletes can compete in a maximum of four events, which includes relays.
2. Schools are limited to **four** entries in each Varsity running event. Schools are limited to (1) entry per Invitational section, but you may e-mail me (montgomeryvikingsxc@gmail.com) to apply for more if you include verifiable seed times. Schools who apply with faster seed times will be considered before slower seed times from other schools to make this a true invitational section. There will be unlimited entries in **Open** events.
3. **Open** events include the 1600m, 400m and 100m runs and are open to any athlete. Field events Long, Triple, High Jump and Shot Put and Discus count are also open events.
4. **Substitutions** for teammates may be allowed on meet day see below, but meet day **additions will not be allowed.**

Important Meet Information

Invitational

The top 12 athletes entered in 1600m, 800m, 3200m, plus the top 8 in 100/110 hurdles, 400m, 100m, 300 hurdles, 200m will automatically qualify for the invitational portion of the meet. The times must be verified on Athletic.net. No manual entry or hand times will be accepted into the invitational. **On April 19th each coach will be sent a preliminary heat sheet for the invitational events. Please review with your athletes. If they scratch from the heat, they will be scratched from that single event. Please turn in all invitational scratches by Wednesday, April 20th by 9:00pm. If an athlete scratches from the event, the next fastest time will move into the heat. If you do not turn in invitational scratches it will jeopardize your school's future participation within the invitational section. Coach packets with invitational seeded heats will be created on Thursday, so any changes after the deadline will not be reflected in the heat sheet.** We do not want empty lanes as we will be pre-seeding these races. Each invitational race will have each athlete announced prior to the start of the race. The top three athletes will receive a medal. Winner of each invitational event will also receive a voucher for a free t-shirt from our t-shirt vendor, with CHAMPION and their winning event on the shirt.

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) at least 15 minutes prior to the scheduled start of the event. Verify your runner heat and lane number, and stay in the bullpen area for the heat escort.

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 race day entry additions without extenuating circumstances and express approval from Montgomery head coaching staff.

Track Event Heats

All running events are timed finals. Heats will run slow to fast. **All heats for any one division will be combined to determine medal award winners.**

Results

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

Live results will be available at www.fordtiming.us/results

Compiled results will be posted at redwoodempirerunning.com, and Athletic.net

Awards

Medals to the top five overall performers in all Varsity events, including relay teams. Awards will be handed out after the event results are finalized. Invitational section - medals to the top (3) athletes. 1st place winner will receive a voucher for a free shirt from our t-shirt vendor with CHAMPION and the event on the shirt.

Field and Track Access

Only participating (running, high jump, long/triple jump or Montgomery hurdle crew) 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.

Spectators

Spectator fees are as follows: \$10/Adult, \$7 Military w/valid ID or Montgomery Athletic Boosters, \$3/Student/Child (6-18), FREE: children (5) and under, Montgomery track & field parents who are volunteering for meet **only**.

T-Shirts/Snack Bar/Sponsors

Personalized Viking Track Classic t-shirts will be on sale. The snack bar will be serving a variety of food and drinks benefiting the Montgomery Football Program. An additional Chik-Fil-A lunch fundraiser will be taking place at the pole vault area to help us raise money for new pole vault pads. Saucony & Fleet Feet Santa Rosa will sponsor our 2022 event.

Field Events

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

Pole Vault

Due to our pole vault pits being damaged during COVID, the Viking Track Classic Pole Vault competition will be from 3:30-6:30 p.m. at Santa Rosa High School's pole vault pit on Friday, April 22nd. We apologize for the inconvenience to out of town teams. Opening heights are 7'0" for Varsity Girls and 9'6" for Varsity Boys. Medals and shirts will be awarded on Saturday near the start of the meet.

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.

Shot Put and Discus Throw

1st throw will be measured. Minimum distance for final 2 throws:

| <u>Event</u> | <u>Varsity Girls</u> | <u>Varsity Boys</u> |
|---------------------|-----------------------------|----------------------------|
| 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.