1. Only 3/16” or ¼” spikes (pyramid only) are allowed. Inspection at check-in and by the Clerk of the Course.
2. **Check-in:** Athletes will be escorted to their field venue and starting lines from check in area only
   - Runners: 20 minutes prior for running events at track entrance check-in table
   - Final call - 10 minutes before the event, report to be escorted to the starting line
   - Field Events: 45 minutes prior to the event at check in table to be escorted to the venue in sections

   **Only competing contestants will be allowed at venues and on the track.**

3. **Weigh-ins:** Friday 9:30 AM to 11:30 am at track storage building – implements will be impounded. Put implements in the south bay door for weigh-ins on Friday.
4. **Lovik Field** below the tennis courts will be the designated warm-up area for runners and throwers. Practice hurdles will be available on the field.
5. In the shot put, hammer, discus, javelin, long jump, and triple jump, each athlete will receive 3 attempts. The top 9 athletes receive 3 more attempts in the finals. All attempts will be measured. Missed attempts in the finals are not retrievable.
6. Field events sections will have a 20 minute warm up, compete and then leave for the next section. There will be a 15 minute warm-up for finalists. This only affects the women’s javelin.
7. The training area will be located at the East end of the track next to the rest rooms.
8. All athletes must compete in the events into which they are entered or be scratched from subsequent events. The Any athlete who does not show for their running event would be disqualified from the meet for individual events and relays.
9. Running events take precedence over field events. An athlete may leave a field event to compete in a running event and return to that field event. Running events will not be delayed due to athletes being in multiple events. If an athlete leaves a field event, that event continues. In the HJ or PV, the athlete returns to the bar that is currently in play. If an athlete returns to the finals of a jump or throw, they cannot make up attempts that were missed. A field athlete may not be moved in the order in which they are drawn for the purposes of fitting in with another event.
10. Any team member on the entered roster may run any relay in any position. A relay card will be turned in before each relay noting which team members are competing.
11. Throwers put implements to be weighed in in baskets in the south bay of the shed after practice today.
12. Scoring will be 10-8-6-5-4-3-2-1 for individual events and relays.
13. The athlete entrance and exit to the track will be through the southeast track gate next to the rest rooms.
14. Team camps: East end of track in the grass area near the restrooms.
15. Athletes are to leave the finish line area as soon as they are dismissed by the finish line clerk.
16. Results will be posted at the top of the bleachers and near the team camp.
17. Running athletes will use lane numbers on the right hip. Bib numbers will be assigned to all competitors to be worn on the front of the singlet.
18. **NO TAPE of any kind allowed on the facility.** Cut tennis balls or chalk will be provided to mark for relays and jumping events.
19. No Video may be used on the field during an event between coach and athlete or between athletes