

**2023 MASON COUNTY
INDOOR TRACK & FIELD
COACHES MEETING**

1. The finish line is common for all running events.
 - a. All running events are Finish Lynx Timed – remind athletes to not cross the finish line while relay races are on-going after they have handed off. Remind athletes to be sure to finish across the finish line in all races or their time will not be counted toward results.
2. **This year we will not check in athletes in the running events behind the concrete block wall due to the tight quarters in that area. We instead will check in the events run around the oval in the infield behind the high jump pit. The 55m hurdles and dash will report directly to the back stretch and be organized there. It is the athlete's responsibility to report on time.**
3. Racing details.
 - a. 55 m run in lanes all the way
 - b. 400 m starts in lanes with cut in on the 1st lap, 3 laps, finish cross country style across the finish line
 - c. 800 m waterfall and alley start with cut in on the 1st lap, 6 laps.
 - d. 1600m waterfall and alley start with cut in on the 1st lap, 12 laps.
 - e. 3000m waterfall start 22.5 laps. (each runner must have someone recording lap times on paper supplied by meet management or the time will not be official)
 - f. 4x800 and 4x400 have common exchange zone. Both races start similarly to the open 400 or 800 in regard to cut in on the 1st lap.
 - g. **You and your athletes are responsible for counting their laps in the 800, 1600, 3000, and relays. No official will be responsible for the determination of whether an athlete or relay team has run the appropriate number of laps. These are honor system events with the exception of the 3000 meters. The 3000 meters is a qualifier event and requires the coach to record times per lap on provided sheets.** There will be a coaching box established near the exchange zone that coaches can occupy to assist their athletes in running the appropriate number of laps or making the proper exchange. This is the only area in the infield where coaches can be during races.
 - h. All running events will be seeded at the event based on the athlete's verbal statements. Fast heats run first. If you want your athlete in a fast heat, be sure they step up and get in those early heats.

4. All field events check in at the event. Entry to the track is beyond the finish line. Watch for incoming runners. Only cross the track at the designated crossing area. DO NOT CROSS OVER THE FINISH LINE.
5. Horizontal Jumps
 - a. 3 attempts – all final
 - b. Only tape is permitted for approach marking. Chalk is not allowed.
6. Vertical Jumps
 - a. Opening height for Girls HS HJ is 4'0"
 - b. Opening height for Boys HS HJ is 5'0"
 - c. Opening height for all PV is 5'0". PV will progress to 6'0" and then advance in 6" increments. The maximum height for any PV is 12'0". No exceptions. The pole vault **competition** will begin at 8:15 AM. Warmups can begin at 7:30 AM. Be sure you athletes have some idea what their steps are before they arrive. This is a PV competition not a PV practice venue.
 - d. Only tape is permitted for approach marking. Chalk is not allowed.
7. Shot Put
 - a. 3 attempts – all final
 - b. Any throw hitting any portion of the ceiling is a scratch
8. The maximum spike length is 3/16" pyramid. Shoes will be checked at the spike check table finish line wall between 9:00 AM and 11:00 AM. Athletes with legal spikes will be given an identification bracelet to be worn on the arm where their number is written. The race clerk will be checking for this bracelet when they are being lined up for the event or at the field event check in. No athlete will be permitted to compete with longer spikes. Spikes will be available for sale in case of emergency needs.
9. The infield is restricted to competing athletes only.
 - a. Coaches may enter the infield to give instruction to LJ/TJ but must leave after meeting with the athlete. You cannot stay in the infield. No exceptions.
 - b. Only athletes currently involved in competition at that time may be in the infield.
 - c. No food or drinks of any kind are permitted in the infield. That includes bottled water. If it is seen it will be disposed of by an official.
10. The bleachers are for spectators only. No team camps in the bleachers.
11. The classroom areas of the building are OFF LIMITS.

12. Any protest of the improper application of a rule must be made to the meet Referee by the Head Coach. Any complaint regarding a procedural matter with the meet should be made to the Meet Director. There is at least one licensed official at every venue. Sometimes more than one.
13. Do not confront a meet worker with a protest or complaint. These people are volunteers.