

2021 MASON COUNTY INDOOR TRACK & FIELD COACHES MEETING

COVID 19 PROCEEDURES

NO SPECTATORS

NO CONCESSIONS

Everyone will be temperature checked upon entering the building. All masking and social distancing protocols will be in place. Masks are required up to the start of any race then removed while running and replaced. Open lanes between competitors will be provided in laned events. Masks shall be worn in all field events. Schools will have designated team areas for athletes when not competing.

All competitors will wear bib numbers

4 coaches per team – no exceptions

Meet Procedures:

Upon arrival at the facility, all coaches and athletes will enter the facility thru the main front entrance of the school (this is a different entrance than in years past – a parking and entry map will be provided). The head coach will pick up the team packet which has 4 wrist bands for coaches, the athlete numbers with pins, and heat sheets. There will be a check in table where all coaches and athletes will be temperature checked. Only coaches with wrist bands and athletes with bib numbers will be allowed entry into the facility. There will be a designated area for each team's gear to be placed in the cafeteria area. These areas will be socially distanced apart. There will be a designated seating area for each team that faces the track. Teams are restricted to these two areas when not competing. Only athletes currently competing in an event are permitted in the event area. Masks and social distancing are mandatory for athletes when not competing in an event. Coaches must be masked at all times. Team coaches are responsible for enforcement of these rules. Failure to comply could result in a team being asked to leave the facility.

Athletes will be called to the staging area near the event start prior to the start of an event. In running events athletes should know their heat prior to reporting to the event. No staggging will be done this year behind the wall beyond the finish line. See time schedule for the designated warm up time and area for each event.

Only top 2 individuals score and only 1 relay team per school scores. Scoring 10-8-6-4-2-1

Live Results ky.milesplit.com

No awards will be provided.

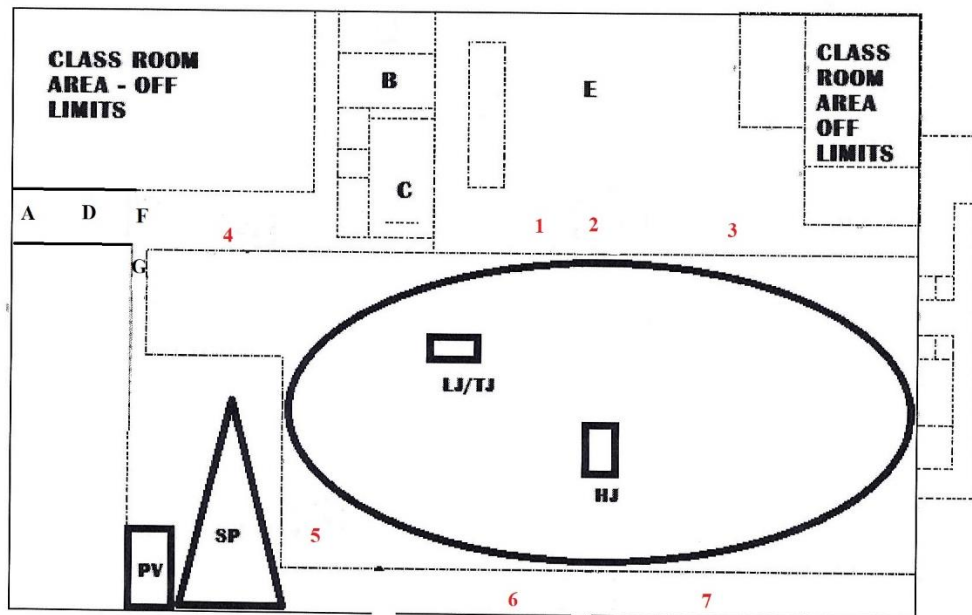
GENERAL FACILITY RULES

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. All running events check in at the event when called to warm ups.
 - 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 from entries made on line. Heat sheets will be provided prior to the meet. Athletes must know their heat prior to reporting to the event.
 - i. Substitutions may be made as long as the substitute athlete has a competitor number. The substituting athlete must assume the seed of the original entered athlete.
3. 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.
4. Horizontal Jumps
 - a. 3 attempts – all final

- b. Only tape is permitted for approach marking. Chalk is not allowed.
5. 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 9:00 AM. Warmups can begin at 8:30 AM. Be sure your 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.
6. Shot Put
- a. 3 attempts – all final
 - b. Any throw hitting any portion of the ceiling is a scratch
 - c. **Throwers must provide their own implement**
 - d. **All implements must be weighed in prior to the event**
 - e. **All throwers will retrieve their own implement**
7. The maximum spike length is 3/16" pyramid. Shoes will be checked at the spike check table near the facility entrance. 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.
8. **The infield is restricted to competing athletes only.**
- a. Coaches may enter the infield to give instruction to LJ/TJ/HJ 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.
9. The classroom areas of the building are OFF LIMITS.
10. **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.**
11. **Do not confront a meet worker with a protest or complaint. These people are volunteers.**

A = FACILITY ENTRANCE
B = MENS REST ROOM
C = WOMENS REST ROOM
D = TEMP CHECK
E = TEAM AREAS
F = SPIKE CHECK
G = TRAINER
LJ/TJ = LONG JUMP/TRIPLE JUMP
HJ = HIGH JUMP
SP = SHOT PUT
PV = POLE VAULT

BLEACHER SEATING ASSIGNED TO SPECIFIC TEAMS BY NUMBER



THE CLASS ROOM AREAS ARE OFF LIMITS TO VISITORS.

FIELD EVENT ATHLETES SHOULD REPORT DIRECTLY TO THE FIELD EVENT TO CHECK IN.
ONLY ATHLETES COMPETING IN AN ONGOING FIELD EVENT ARE PERMITTED INSIDE THE RUNNING OVAL. COACHES MAY ENTER INTO THE OVAL TO COACH AN ATHLETE BUT CANNOT STAY INSIDE THE OVAL.