

DISTRICT 2-C TRACK AND FIELD

May 10, 2022 @ Lambert

High School SCHEDULE

Coaches Meeting and Scratch Meeting 8:30am

TRACK EVENTS

FIELD EVENTS

****8:00am-9:00am Pole Vault Warm-Up (Girls)

10:00am 100 Meter Hurdles Girls
110 Meter Hurdles Boys

9:00am Pole Vault Girls
9:30am Shot Put Girls

10:30am 100 Meter Dash Girls
100 Meter Dash Boys

Javelin Boys
High Jump Boys
Triple Jump Girls

10:50am 1600 Meter Run Girls
1600 Meter Run Boys

11:00am Discus Girls
Long Jump Boys

11:20am 400 Meter Relay Girls
400 Meter Relay Boys

****11:00am-12:00am Pole Vault Warm-Up (Boys)

11:50am 400 Meter Dash Girls
400 Meter Dash Boys

12:00am Pole Vault Boys

-----Lunch Break-----

1:00pm 300 Meter Hurdles Girls
300 Meter Hurdles Boys

12:15pm Javelin Girls
High Jump Girls
Shot Put Boys
Triple Jump Boys

1:30pm 800 Meter Run Girls
800 Meter Run Boys

1:50pm 200 Meter Dash Girls
200 Meter Dash Boys

1:45pm Long Jump Girls
Discus Boys

2:15pm 3200 Meter Run Girls
3200 Meter Run Boys

2:45pm 1600 Meter Relay Girls
1600 Meter Relay Boys

April 13, 2022

To: Administrators, AD's, All HS Track Coaches
From: Luke Kloker, District 2C Meet Manager
Re: 2022 District 2-C Track Meet
Lambert High School Track Complex
May 10th, 2022

The District 2C High School Track meet will be on May 10th, 2022 in Lambert beginning at 9:00am.

There will be a Coaches meeting and Scratch meeting at 8:30am. **REMEMBER: YOU CANNOT ADD ATHLETES, ONLY SUBSTITUTE.**

Any implements used for the shot put, discus, and javelin need to be weighed and approved. The Field Event Judge will be weighing implements from 8:00am-9:00am.

I have assigned a Jury of Appeals who will make the final decisions on any rule infractions appeals. Appeals must be given to the referee, who is the only one who can disqualify an athlete.

All rosters and event entries will be made using the on-line program athletic.net. If you need any assistance, please contact me. **ALL ENTRIES FOR HIGH SCHOOL NEED TO BE COMPLETED NO LATER THAN MAY 8TH at noon.**

FAT TIMING: We will be using the camera and the FAT timing system. We will no longer need timers or pickers.

*******We will follow the Divisional format and will not be running trials in any running events. All events will be Finals only.*******

Your school is assigned to run an event. Please see the assignments below, and bring measuring tapes. An adult must run the event and mark for the event.

WE ARE DOING A POLE VAULT WARM-UP TIME THIS YEAR FROM 8:00AM-9:00AM for girls and 11:00am-12:00am for boys. THERE WILL BE NO WARM-UP TIME WHEN THE EVENT STARTS. Vaulting poles must be properly marked. Please list the weight of any of your vaulters on a vaulter's verification form and turn it in to Mr. Kloker prior to the start of the event.

Starting heights for the Pole Vault: HS Girls 5'0", HS Boys 6'0"
Starting heights for the High Jump: HS Girls 3'10", HS Boys 4'8"

Marshaling area will be at the end of the track straightaway and behind the starting line of the 100m (the same procedure that will be used at the divisional and state track meets) except for the 200m and the 300 m Hurdles.

Running events will take precedence over the field events. The athletes will need to check in and out of the field events and also return within a reasonable amount of time.

All field events will be 3 throws or jumps, with the top 10 going to finals. There will be 3 throws or jumps in the finals.

REMINDERS:

1. All athletes are limited to 5 events.
2. Teams are limited to 5 entries in each event.
3. Teams are only allowed to enter 1 relay team. The relay team participants can be entered into athletic.net. If a coach makes a change to the relay team entered, they must turn in an updated relay card to the
4. State Track Standards: Athletes that have already qualified for state still need to be entered into their events at Districts. They can also only be signed up for 5 events and cannot be substituted for. They may opt to not participate (NP), in which case they will still be eligible for state and divisionals in that event.
5. There are no trials in the 100M, or 200M. All races will be set up by time and the last heats will be the fastest. It is very important that the athlete's best time from this year into the meet (athletic.net). If they have not run the race before, please do not enter a time.
6. Each participant is required to wear a school issued uniform and legal uniform, as well as follow the under garments rules, and jewelry rules.
7. 1/8" pyramid spikes are required on Lambert's track.
8. Please check the handbook and make sure to review the rules for participation limitations, video recording & electronic devices, and the sportsmanship section of the handbook.
9. In accordance with the MHSAA Handbook, District 2C will qualify 8 athletes/relay teams in each event to the Eastern C Divisional Track meet.
10. In accordance with the MHSAA Handbook, District meets shall score six (6) places in individual events and relay events (using 10-8-6-4-2-1 scoring).

Concessions will be available on site and will be provided by the Lambert School. Tickets for admission will be sold by the Lambert School. The prices will be \$3/adults and \$2/students.

WORK ASSIGNMENTS
DISTRICT 2-C TRACK AND FIELD
HIGH SCHOOL MEET MAY 10, 2022

Meet Manager: Luke Kloker
Starter: Tim Robinson
Assistant Starter: Daryl Vaira
Marshall: Katie Hurley
Head Finish Judge: Kara Triplett
Announcer: Alan Hoffmann
Timing System: Becky Carda & Chris Cox
Results/Awards: Deb Gibson
Jury of Appeals: Larry Sommerfeld, Sue Meyer, David Solem

FIELD EVENTS

LONG JUMP: GIRLS-BROCKTON
BOYS-CIRCLE

JAVELIN: GIRLS-CULBERTSON
BOYS-CULBERTSON

HIGH JUMP: GIRLS-MONDAK
BOYS-MONDAK

POLE VAULT: GIRLS- SAVAGE
BOYS- SAVAGE

SHOT PUT: GIRLS-BAINVILLE
BOYS-FROID/LAKE

DISCUS: GIRLS-FAIRVIEW
BOYS- PLENTYWOOD

TRIPLE JUMP: GIRLS- R & L
BOYS- R & L

EXCHANGE ZONE & CORNER JUDGES:

1. FAIRVIEW
2. CIRCLE
3. FROID/LAKE
4. PLENTYWOOD