

**RIT Tigers High School Indoor Track & Field Invitational**  
*Co-Sponsored by Penfield HS*  
**Saturday, February 2, 2008 10 a.m. - 4 p.m.**  
**Rochester Institute of Technology - Gordon Field House**

***Order of Events***

***9:00 a.m. Doors Open – No teams will be able to enter prior to this time!***

***10:00 a.m. Field Events begin:***

- Pole Vault Girls/Boys
- High Jump Boys/Girls
- Shot Put Girls/Boys (3 throws)
- Long Jump Girls/Boys (3 jumps)
- then Triple Jump Girls/Boys (3 jumps)

***10:00 a.m. Track Events Begin***

- 1500m Race Walk Girls
- 4x800m Relay Girls/Boys
- 55m Hurdles Girls(33")
- 55m Hurdles Boys( 39")
- 3000m Run Girls
- 3200m Run Boys
- 55m Dash Girls/Boys
- 600m Dash Girls/Boys
- 1500m Run Girls

***Charlie McMullen Memorial Races***

- McMullen HS Girls 1 mile - one race
- McMullen HS Boys 1 mile- one race
- 1600m Run Boys
- 300m Run Girls/Boys
- 1000m Run Girls/Boys
- 4 x 400m Relay Girls/Boys

***Note: Fast section will run first. Final placing will be based on time.***

## Coaches' and Officials' Information

NO spikes are allowed.

The concession stand will be open. Food and drink will **not** be permitted on the track level. Teams will set up camp on the upper level.

**NO TEAMS ON THE LOWER LEVEL, THIS WILL BE STRICTLY ENFORCED!**

**Finals:** All events will be timed finals – there will be no heats/trials and/or semi-finals.

**Sections:** **Fast section** will run **first**. Final placing will be based on time.

**Clerking:** All running athletes need to clerk in at the table near the 55m dash start, **WELL AHEAD OF THEIR SCHEDULED EVENT**. We will use a rolling time schedule and will run ahead of the posted time order whenever possible. Athletes should get their hip number and put it on their **LEFT** hip. Athletes should also remember exactly what heat number they are assigned to and be aware that heats will move **VERY** quickly.

**Run outs:** No run outs in any running event, especially the 55m dash and 55m hurdles, will be permitted. Get your run outs in prior to your heat being called.

**Starting blocks:** Starting blocks will be provided by RIT. **DO NOT BRING YOUR OWN BLOCKS.**

**Shot Put:** Bring your own implements. Each competitor will be given 3 throws. All measurements will be made to the nearest quarter-inch.

**High Jump:** Starting height for Boys will be 5'2". Starting height for Girls will be 4'2". Bar will be raised increments of 3 inches until 5'11" for boys and 4'11" for girls, then up 2 inch until only 1 competitor is left. Using white athletic tape, each jumper will be allowed a maximum of 2 markers on the runway. Each marker shall not exceed 3 inches in length. No markers may be placed within 2 meters of either jump standard. Tape must be removed upon completion of the event.

**Pole Vault:** Starting height for Girls will be 7'6". Starting height for Boys will be 10'0". Bar will be raised increments of 9 inches until 9' for Girls and 12' for Boys, then by 6 inches until only 1 competitor is left. Using white athletic tape each jumper will be allowed a maximum of one marker to indicate the beginning of their approach run, not to exceed 3 inches in length. No other markers will be allowed on the runway.

**Long Jump/Triple Jump:** Each competitor will be given 3 jumps. Each jumper will be given a small numbered orange cone to use to mark their approach run starting point. No other markers will be allowed on the runway. There will be **NO** time allowed for competitors excused to compete in other events. Competitors will be allowed to take their jumps out of order, but must complete all of their jumps before the end of their flight. All measurements will be made to the nearest quarter-inch.

**Team Uniforms:** All competitors are expected to comply with the uniform requirements as found in the rule book. The Games Committee has declared that the top portion of all uniforms be tucked into the bottom portion. The Games Committee has also restricted the use of electronic devices in the competition areas and restricted the wearing of any and all items worn in excess of the school uniform (i.e. hats).

The Referee for this meet is our starter. The Games Committee will serve as the Jury of Appeals. The Referee has asked that all head coaches and team captains must be aware that:

- a. All team members are expected to exhibit good sportsmanship.
- b. The head coach has verified that all of their team's competitors are properly equipped (uniform, equipment and no jewelry) in compliance with the rules.