MCPSAC Indoor Track & Field
Championship Meet Information

- **Order of Events -** Boys followed by Girls in all running events. Further details for field events can be found in the information chart later in this document.

- **Running Event Check-in** - Athletes in all running events must pick up a hip number prior to checking in with the clerk at the respective starting areas.

- **Field Event Check in** - Athletes will be called by flight for check in at the site of their event prior to the start of competition. If an athlete misses the start of their flight then they will be disqualified from that event.

- **Check-out Time** – Field Athletes will be allowed 15 minutes to return to their event after leaving. Athletes must sign out with the event official.

- **Scratch / DNS** - There will be no penalty for an athlete who scratches or does not start an event on the day of the meet.

- **Infield** - Only competing athletes and Coaches are allowed on the infield. No spectators or non-competing athletes should be in this area.

- **Competition Area** – Electronic devices are allowed for Coaching purposes only. Athletes should refrain from the use of cell phones and earbuds in the field event areas.

- **Team Area** - At Brockport teams should use the areas outside the track along the back stretch.

- **Admission** - Spectators must purchase advance tickets through Section V. Ticket Link

Officials - Report 1 hour prior to the start of the meet to sign in, pick up field sheets, and inspect event areas.

Implement Inspections - 45 minutes prior to the start of the meets.

Track Event Information

Event	Entry Limit	Sections	Event Notes
4 x 800m	21	1	Boys - Box / Girls - Waterfall
55m Hurdles	32	4	Lanes
55m	32	5 / 4	Lanes
4 x 200m	21	4 / 3	3 turn stagger, Lane Pref (4-5-3-6-2-1)
1600/1500m	30	2	1 turn box
600m	30	5	2 turn stagger, Lane Pref (4-5-3-6-2-1)
1500m RW	30	2	1 turn box
1000m	30	3	1 turn box
300m	30	5	Lane Preferences (4-5-3-6-2-1)
3200/3000m	30	2	1 turn box
4 x 400m	21	3 / 2	2 turn stagger, Lane Pref (4-5-3-6-2-1)

Field Event Information

Event	Order	Warm-up Time	Format
Weight Throw	Girls followed by Boys	15 min. before competition then 15 min. between flights.	Flights 4 attempts
Shot Put	Boys followed by Girls	15 min. before competition then 15 min. between flights	Flights 4 attempts
High Jump	Boys followed by Girls	20 min. before competition then 20 min. between genders.	
Pole Vault	Boys and Girls jump at same time on separate pits	30 min. before competition	
Triple Jump / Long Jump	B/G Triple Jump followed by B/G Long Jump	15 min. before competition then 15 min. between flights.	Flights 4 attempts

Height Progressions

HJ / PV Heights	Boys High Jump	Girls High Jump	Boys Pole Vault	Girls Pole Vault
	5’2, 5’5, 5’8, 5’10, 6’0, 6’2, 6’4, then up by 1”	4’5, 4’8, 4’10, 5’0, 5’2, then up by 1”	8’3, 9’0, 9’9, 10’6, 11’0, 11’6, 12’0, 12’6, 13’0, then up by 3”	6’6, 7’3, 8’0, 8’6, 9’0, 9’6, 10’0, then up by 3”

Schools Job List

Assignment	School
Boys High Jump - Set Crossbar	
Girls High Jump - Set Crossbar	
Boys Pole Vault - standards / crossbar	
Girls Pole Vault - standards / crossbar	
Boys Triple Jump - Flight 1 - rake pit	
Boys Triple Jump - Flight 2 - rake pit	
Girls Triple Jump - Flight 1 - rake pit	
Girls Triple Jump - Flight 2 - rake pit	
Boys Long Jump - Flight 1 - rake pit	
Boys Long Jump - Flight 2 - rake pit	
Girls Long Jump - Flight 1 - rake pit	
Girls Long Jump - Flight 2 - rake pit	
Boys Shot Put - Flight 1 - retrieve shots	
Boys Shot Put - Flight 2 - retrieve shots	
Girls Shot Put - Flight 1 - retrieve shots	
Girls Shot Put - Flight 2 - retrieve shots	
Girls Weight Throw - Flight 1	
Girls Weight Throw - Flight 2	
Boys Weight Throw - Flight 1	
Boys Weight Throw - Flight 2	
Hurdle Crew	
Awards - Hand out Medals	Coach of winning athlete