

March 26, 2024


Good Afternoon Coaches and Athletic Directors:

This is just a brief letter regarding our Region Track and Field Meet on Thursday, April 18, 2024 here at George Walton Academy. We are excited to be hosting the meet this year and we hope that it will be a great experience for everyone.

If you have not been to our place, we have an 8 lane all-weather track with separate jumping pits for long and triple. We have the discus and shot areas on separate ends of the track and the pole vault area is on the same end as the starting line for the 100 meters.

We will have several students helping us with escorting athletes to the starting line, raking the pits, moving hurdles, working concessions, etc. so we are good to go there. I will need at least one coach from each school to help with the running off of a field event, marking, and/or helping in the exchange zones. We have several coaches that have helped all year that will be available, but may be limited because we are doing field events during the school day hours. If there is a specific field event that one of your coaches is comfortable with, please let me know so I can set that agenda to send to everyone by Monday, April 15.

You can go ahead and register on MileSplit for the meet. No password is needed, just find the date April 18. It looks like this on MileSplit:

4/18	GIAA AAA Region 4 Championship	Monroe, GA
	 Registering Now!	

Perfect Timing Group will be doing our timing that day. They usually have Live Results so we will be able to keep up with times, distances, heights, and scoring Live that day. **THE DEADLINE TO REGISTER ALL OF YOUR ATHLETES FOR THE MEET IS ON TUESDAY, APRIL 16 BY 10 PM.**

Below are some general rules from the GIAA website Rules and Regs page. I will send out on Monday, April 15 who will serve on the Rules Committee for the meet and any specific jobs for coaches. If you have any questions before then please email me or call me at 404-545-1906. I have also attached the Meet Program and Time Schedule for the Meet.

Thanks and have a great day.

Coach Whitley

A contestant in Track and Field may enter a maximum of **two relays** and three (3) individual events.

10. **REGION COMPETITION:**

A. All Schools hosting a REGION Track Meet are required to use **Fully Automatic Timing** (FAT).

B. Deadlines for posting the Region list of entries will be a Region decision.

- o Coaches may alter the list of entries until the deadline established by each Region for its Region Meet.
- o All Region Secretaries Coordinators should communicate their deadline for entries before the "Scratch Meeting" that precedes the Region Meet.

C. The time schedule for the Region Meet will be given to each competing school prior to the start of the Meet.

Events to be contested for Boys and Girls Track (**17 events**):

RUNNING EVENTS	FIELD EVENTS
4 X 100m Relay	Discus – GIRLS (2.20 lb / 1.kg)
1600m Relay	Discus – BOYS (3.53 lb / 1.6 kg)
400m Dash	High Jump
100m Dash	Long Jump
Girls 100m Hurdles (33')	Pole Vault
Boys 110m Hurdles (39')	Shot Put – GIRLS (8.81 lb / 4.kg)
800m Run	Shot Put – BOYS (12 lb / 5.443 kg)
200m Dash	Triple Jump
Girls 300m Hurdles (30")	
Boys 300m Hurdles (36")	
3200m Run	
4 x 400m Relays	

4 x 800m Relays

D. Each school may have two (2) entries in each event.

E. **Relay teams** entered in the Region Meet may list a maximum of six (6) runners.

- o Schools with two (2) teams entered in the same relay event may list a competitor on both teams.
- o The relay names remain the SAME throughout the State Meet Series (Region/State Meets) and are the ONLY eligible participants for qualifying relay teams throughout the State Meet.
- o NO replacements may be made in the Relay list of runners advancing from the Region to the State Meet.
- o Any four (4) competitors listed on a Region Meet relay event entry may run in that event in any round of advancement (Region, State Meet Semifinals, and Finals) and in any order desired.

F. In Shot Put, Discus, Long Jump, and Triple Jump, the giving of qualifying and final trials are optional.

NOTE: The Region Games Committee may institute a process in which each contestant has three (3) attempts, and only the best attempt counts.

G. It is recommended that all Regions conduct the boys' and girls' competitions on the same dates in order to comply with the GIAA deadline for the completion of Region track competitions.

H. When there is a tie, in any event, involving more contestants than the Region is entitled to enter in the State Meet, the contest must continue or be re-held until the representatives to the State Meet are determined, and no points will be given for the continued or re-held contest. For possible replacement purposes, all field events must determine clear 5th and 6th place finishers.

I. The **Top Finishers from each Region** as noted below will advance to the State Meet.

Class AAA

- o **Top 3 advance.**

- o The next best 6 marks advance.
** For the 3200 Meter Run and 8 x 400 Meter Relay, qualifiers must also run under a "maximum time" as noted below.*