

Comet Relays:

General information for athletes:

- Do your warm-up running on the back stretch between events or when some lanes are not in use.
- 1/4" spikes are required length on track, long jump, pole vault and high jump.
- Flats must be worn on concrete shot and discus pads. Spikes are prohibited on the aluminum bleachers.
- Starting blocks will be furnished. Block holders are not needed/allowed.
- NO IMPLEMENTS ARE ALLOWED IN THE BLEACHERS!
- Know the order of events. [W Comet Relays Order of Events.docx](#)
- Runners must report to the clerk on time to the South bull pen and give the clerk your event, heat and lane when you check in.
- Listen to p.a. for calls. Know how your race is run, know where your exchange zones are.
- Bring tennis balls for the track for relay exchanges. No chalk, no tape!
- Umpires will have tennis balls available.
- Coaches and contestants not competing must remain in the stands or in rest areas outside the fence around the track.
- No rest areas or camps are permitted on the inside of the track.
- Contestants must stay off the infield. There are many areas outside the fence and under the bleachers that make good camps. Please police your own camp areas for trash pick up.
- You are responsible for your own equipment and valuables. Do not leave them unattended.
- There are to be no electronic devices in the competition area!
- Stay away from the finish line area - do not ask for times from officials after races.
- Live results can be found at www.FinishTiming.com
- All members of competing relay teams need not report to the clerk in the bull pen when called, if some members are competing in a field event. They will, however, need to report when their heat is on deck to race.
- All field event athletes involved in such a situation should ask the field event official to allow early or consecutive trials if they are about to compete in a relay, individual race, or other field event that should not be held up. (hj, lj, pv). The rule is that 20 minutes will be allowed when someone leaves a field event to run a race etc. before they must return to the field event.
- Coaches - please pick up awards & results in the press box 15 minutes after the meet.
- Souvenir t-shirts will be on sale for \$25.00.
- There is a concession stand and restrooms by the bleachers.
- Know the rule about running on curved lane lines to your left. You may be disqualified if you run (3) three or more consecutive steps on or over the curved lines. Stay off them.
- Relay teams must have identical, school issued uniforms, worn as the manufacturer intended.
- Be sure you do not break before passing lane markers on all break races--(distance medley, 1600m run, 3200m run, 4x400m relay, 4x800m relay, 4x1600m relay)
- Good luck! We hope you have a great experience, we need your help to make this meet successful!