



**Springdale Schools
High School
Thursday, March 10, 2022**



INFORMATION LAST UPDATED ON

Updated on: 3/9/2022

NEW DROP OFF/ENTRANCE LOCATION!!

TEAMS INVITED TO THIS MEET

Har-Ber
Springdale
DTSOI

Bentonville
West
Pea Ridge

Rogers
Heritage

Fayetteville
Farmington

MEET DIRECTOR

Chris Clinton
cclinton@sdale.org
479.502.4297

MEET PASSWORD ON MILESPLIT

Password: hbtrack22

ENTRIES

Entries will close at **11 am on Thursday, 3/10!!**

1 Relay Team Allowed Per Division

3 Entries Per Event

This meet is for High School

MEET SCHEDULE

Coaches Meeting at Benches at **3:00 PM**

Field Events will begin at **3:30 PM**

FIELD EVENTS

The following events will go first and upon completion the other will begin after a 15 minute warm-up.

**Boys Shot, Boys High, Boys Triple
Girls Disc, Girls Pole Vault, Girls Long**

Every athlete competing today will get **THREE** attempts in LONG, TRIPLE, SHOT AND DISC. All throwers will make their attempts **CONSECUTIVELY** and then have them measured.

POLE VAULT

Opening Heights: Girls: **7'0"** Boys: **8'0"**

All coaches must weigh their athletes before the meet and ensure they are vaulting on a legal pole based on their weight. Coaches **MUST** initial that all of their vaulters are legally and properly equipped before their athletes will be allowed to vault. **NO INITIAL = NO COMPETE!!** Scale will be present on site if needed.

HIGH JUMP

Opening Heights: Boys: **5'4"** Girls: **4'2"**

Pole Vault and High Jump will run off like a normal track meet. The "5 Alive" Procedure will be implemented. The athletes will be seeded by their PRs from lowest PR to highest PR. The first five athletes on the list will make an attempt at the opening height. Athletes are eliminated after failing to clear **THREE** consecutive attempts. Once those five athletes have completed the current height...have the next five athletes make their attempts...and so and so on...

Coaches Meeting at 3:10 at the benches on the infield

RACE ORDER BY DIVISION

**3:10 PM 1st Call Boys Shot, Boys High Jump, and Boys Triple Jump
1st Call Girls Disc, Girls Pole Vault, and Girls Long Jump**

**3:20 PM 2nd Call Boys Shot, Boys High Jump, and Boys Triple Jump
2nd Call Girls Disc, Girls Pole Vault, and Girls Long Jump**

**3:30 PM 3rd and Final Call Boys Shot, Boys High Jump, and Boys Triple Jump
3rd and Final Call Girls Disc, Girls Pole Vault, and Girls Long Jump
Report now or be scratched**

RACE SCHEDULE

Women 1st then Men

5 minutes between each 1st/2nd/3rd call and race

3:30 PM	1 st Call 4 X 800 M Relay (Call Girls and Boys at the same time)			
3:40 PM	2 nd Call 4 X 800 M Relay			
3:50 PM	3 rd & Final Call 4 X 800 M Relay			
4:00 PM	4 X 800 M Relay Begins			
4:30 PM	1 st Call 100 M / 110 M Hurdles			
4:40 PM	100 M / 110 M Hurdles		2 nd Call	3 rd Call
	100 M	1 st Call	2 nd Call	3 rd Call
	1600 M	1 st Call	2 nd Call	3 rd Call
	4 X 100 M Relay	1 st Call	2 nd Call	3 rd Call
	400 M	1 st Call	2 nd Call	3 rd Call
	300 M Hurdles	1 st Call	2 nd Call	3 rd Call
	800 M	1 st Call	2 nd Call	3 rd Call
	200 M	1 st Call	2 nd Call	3 rd Call
	3200 M	1 st Call	2 nd Call	3 rd Call
	4 X 400 M Relay	1 st Call	2 nd Call	3 rd Call

SPIKES

Please make sure that your athletes are only wearing 1/8" & 1/4" spikes while on the track!!

WARM-UP AREAS

Only Athletes actively competing or at the benches will be allowed inside the track. Athletes can warm-up on the infield. ONLY those warming up or checking into the benches will be allowed on the infield. Non runners will be removed from the infield. If it becomes a problem, the meet will be stopped and will not resume until those on the infield leave. If it continues, those athletes that are on the infield not warming up will be removed from the meet. Coaches please help keep those not warming up off of the infield.

The athletes will find and stay with their coaches. Talk about their race or answer their questions and then please have them leave the infield.

RESULTS

Live results will be posted at [Y-Timing.net](https://www.y-timing.net) or on the Y-Timing APP (\$0.99)

Live scoreboard can be seen at [LIVE.YTIMING.NET](https://live.ytiming.net)

AWARDS

No awards will be given out at this meet.

CONCESSION STAND

There will be no concession stand available at any SPS meet this year.
Make sure to bring plenty of water for your athletes.

TEAM CAMPS AND BUS PARKING

Please refer to the map below for where to set up your team camps during the meet.
Please park buses in the bus parking lot located just east of the track. See map below.



2022 6A State Qualifying Standards

Event	Boys	Girls
100m	11.10	12.49
200m	22.60	25.97
400m	50.14	59.47
800m	2:00.41	2:20.04
1600m	4:25.08	5:16.67
3200m	9:44.70	11:39.56
110h/100h	15.32	15.74
300h	40.53	47.19
4x100	43.19	49.87
4x400	3:25.90	4:05.95
4x800	8:12.65	9:54.75
High Jump	6' 5"	5' 2"
Long Jump	21' 7"	17' 2"
Triple Jump	43' 8"	36' 3"
Shot Put	49' 2"	36' 10"
Discus	143' 8"	110' 5"
Pole Vault	14' 3"	11' 0"