

PARKING: Parking lots in front of the school, secondary lots and street parking is available. Please make sure driveways and alleys are not blocked. Busses can park on the street next to the softball fields on 6th Street between J and L.

COACHING PACKETS: Please pick up your "Coaches Packet" at the Main Entrance. Coaches Meeting will be held at 8:30am at Mid-Field.

ENTRY FEES: All entry fees must be paid prior to or at the time of picking up your COACHES PACKET. School or personal checks will be accepted. Make all checks payable to "Lincoln High School Track and Field" and if paying by a personal check, please indicate the school name on the check. If paying by cash please have exact change.

The entry fees are as follows:

Individual Entries --- \$ 10.00

Relay Events --- \$ 15.00

1 Division --- \$ 100.00

2 Divisions --- \$ 175.00

3 Divisions --- \$ 215.00

4 Divisions --- \$ 250.00

FACILITIES/SPIKES: The synthetic track and runways require 1/4" pyramid spikes. Spikes that are too long may not be used on the track or runways.

TIMING: Will be done by Lynn Mentzer of Mentzer Timing and live results will be available via Athletic.Live

STARTER: The Starter will be Michael Brown.

PARTICIPANTS AREA: All participants must remain off the infield area unless competing in their event. "Team Areas" for participating athletes using shade covers (e.g.; EZ UPS) will be limited to the following areas: (1) the concrete area near the Visitor side of the stadium, and (2) top stadium seating rows only (on both sides of the track) DO NOT BLOCK THE PRESS BOX. The warm-up areas are limited to the baseball fields east of the stadium.

CLERK - TRACK EVENTS: The CLERK check-in for track athletes is located near the start of the 100m. Athletes are responsible for checking in with the CLERK by the last call for their track event. If this is not done, they may be scratched.

FIRST / SECOND / FINAL calls for event will be provided.

All athletes in track events must check in with the CLERK where they will be assigned lanes, given hip numbers, and then taken to the race starting area. Athletes should keep their warm-ups on (as necessary) until they report to the starting line.

EVENT OFFICIAL - FIELD EVENTS: All field event athletes should report to your field event official at the event venue by the first call for the event, but no later than fifteen (15) minutes prior to the start of the event for instructions and warm-up.

Athletes in BOTH track and field events check-in/out with Field Events.

Long Jump will be OPEN PIT from 9:00am – 12:30pm for BOTH BOYS / GIRLS. There will be a GIRLS Pit and a BOYS Pit

Triple Jump will be OPEN PIT from 12:30pm – 3:30pm or the beginning of the 4x400m Relay (whichever comes first). There will be a GIRLS Pit and a BOYS Pit.

Discus/Shot Put/High Jump/Pole Vault will be broken into flights.

STARTING HEIGHTS: Starting heights will be determined after the fields for the high jump and pole vault have been selected.

AWARDS: There will be team scoring (10-8-6-4-2-1) for each Division and 1st Place Teams will receive a Team Trophy. Medals will be awarded to the Top 4 finishers in each event.

ADMISSION PRICES: The following admission fees will be charged for spectators:

ADULTS - \$7.00

STUDENTS - \$5.00

65+ / Military / Children (10 and under) – FREE

Tickets can be purchased via GOFAN

CUSTOM SHIRTS: Custom Invitational Apparel will be available for Sale near the Snack Bar.

FOOD: Food Trucks and Snack Bar will be available throughout the day.

COACHES HOSPITALITY: There will be a Coaches Tent available for snack and drinks.

Looking forward to a great day of Track and Field competition. Please let me know if I can help or assist with anything.

Thanks,

Dan Friese