

Republican Plains Activity Conference Track Meet
@ Southern Valley High School

Coaches/ Athletic Directors

Date/Time	The Republican Plains Conference Track Meet will be held on Friday April 26, 2019 at 11:00 AM Scratch and Adds will begin at 10:00 AM
Admission	Adults \$5/Students \$4 RPAC Passes Honored
Entry	Thursday, 4/25, Entries will be done on-line at www.athletic.net PLEASE ENTER ALL TIMES AS HAND HELD!!! Please have your entries done by 12:00 PM on Thursday, April 25th
Scoring/ Awards	The meet will be scored 10-8-6-5-4-3-2-1. Eight medals will be given in each event including relays. Champion, Runner-up & Third Place plaques will be given to both the boy and girl team winners. Results and Medals will be available shortly after the conclusion of the meet.
Qualifying: As found in the Conference By-Laws	Running Events: Heat winners followed by next fastest times to fill eight (8) lanes. In the event there are five (5) preliminary heats, the qualifying procedure shall be the heat winners and the next three (3) fastest times. Field Events: Each athlete will receive 3 preliminary attempts with the top 9 going to finals for 3 attempts in the finals.
Track/ Equipment:	We have an 8-Lane all-weather, polyurethane rubber track and runways. Please use 1/8" spikes only....shot and discus rings are concrete. Shot & Discus: Both implements will be pooled. They will be collected at 9:30 a.m. at the scratch meeting to be weighted. Shot and discus that are used shall be available to all competitors throughout the entire competition.
Marking on Track & Runways	Please no marks of any kind (chalk, tape, ect..) on the runways for LJ, TJ, & PV. Please make marks to the sides of these areas. Teams may place tape or rubber PE markers on the track for relays, but please remove them as soon as relay is over.
Coaches Non-Participants Spectators	Non-participating athletes and spectators are asked to please stay behind the roped/flagged off areas in front of the Grandstand. They will not be allowed on the football infield.
Team:	Team Camps are allowed between the fence and the grandstand no camps on football field or in competition areas.
Restrooms Concessions	NO LOCKER ROOMS will be provided. Restrooms are located under the stands and we will have porta-potties available. Concessions will be provided throughout the day and we will serve a lunch meal available to the public.
Officials	Starter: Don Richmond Referee: Mike Lanham Jury of Appeals/Games Committee: Randy Geier, Alan Garey, Jim Kent, & Jon Davis
FAT System	FAT Timing: We will be using Cambridge's Automated System. The runners will be issued Hip Numbers at the start area by the clerk of the start and his assistant. It is imperative that they have the correct lane number on their hip for accuracy so please encourage your athletes to be as cooperative as possible at the check-in/start area. In the rare circumstance that the timing system would malfunction, we will have a 2nd gun stop the runners similar to the state meet.



Track Meet

April 26, 2019

First Session Field Events at 11:00 a.m.

Boys Discus, Pole Vault, Long Jump
Girls Triple Jump, Shot Put, High Jump

Running Events 1:00 p.m.

Girls 3200 Meter Relay – Finals
Boys 3200 Meter Relay – Finals
Girls 100 Meter High Hurdles – Prelims
Boys 110 Meter High Hurdles – Prelims
Girls 100 Meter Dash – Prelims
Boys 100 Meter Dash – Prelims
Girls 400 Meter Dash – Finals
Boys 400 Meter Dash – Finals
Girls 3200 Meter Run – Finals
Boys 3200 Meter Run – Finals
Girls 200 Meter Dash – Prelims
Boys 200 Meter Dash – Prelims

Second Session Field Events at 3:00 p.m.

Boys Short Put, Triple Jump, High Jump
Girls Discus, Long Jump, Pole Vault

Running Events 5:00 p.m.

Girls 100 Meter High Hurdles
Boys 110 Meter High Hurdles
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls 800 Meter Dash
Boys 800 Meter Dash
Girls 300 Meter Low Hurdles
Boys 300 Meter Intermediate Hurdles
Girls 200 Meter Dash
Boys 200 Meter Dash
Girls 1600 Meter Run
Boys 1600 Meter Run
Girls 400 Meter Relay
Boys 400 Meter Relay
Girls 1600 Meter Relay
Boys 1600 Meter Relay