

2023 REDONDO NIKE TRACK FESTIVAL FIELD EVENT PROTOCOLS

SHOT PUT & DISCUS

Friday, March 10

CHECK-IN – ALL athletes must check in at the athlete check in table prior to the following deadlines:

Schedule

Session 1	Boys Frosh/Soph Shot Put Check In by 11:30 am	Girls Frosh/Soph Discus Competition begins at 12:00 pm
Session 2	Boys Frosh/Soph Discus To follow G F/S Discus	Girls Frosh/Soph Shot Put To follow B F/S Shot
Session 3	Boys Varsity Shot Put Check in by 3:00 pm	Girls Varsity Discus Competition begins at 3:30 pm
Session 4	Girls Varsity Discus To follow B Vars Discus	Boys Varsity Shot Put To follow G Vars Shot

Failure to check in on time will result in athlete being dropped from the competition and replaced by an alternate.

Implement Inspection/Certification

All VARSITY shots and discus must be inspected and certified prior to competition. No exceptions. THIS APPLIES TO VARSITY COMPETITION ONLY. F/S COMPETITORS DO NOT NEED TO WEIGH IN THEIR IMPLEMENTS. Weigh in for VARSITY ONLY implements can be found near the throws area athlete check in and can be weighed in at any time before competition.

Attempts

Girls Varsity & Boys Varsity	3 attempts & final 9 go to a Championship Flight
Girls Frosh/Soph & Boys Frosh/Soph	4 attempts no finals

ALTERNATES

Alternates must check in with the event lead at the event location prior to the posted deadline a half hour before the posted competition time for each event and level. Athletes will be placed in the event if not all athletes report by 15 minutes before the event start time. Alternates will be placed in accordance with their standing on the performance list.

2023 REDONDO NIKE TRACK FESTIVAL FIELD EVENT PROTOCOLS

POLE VAULT

Friday, March 10– Girls Frosh/Soph & Boys Frosh/Soph

Saturday, March 11 – Girls Varsity & Boys Varsity

CHECK-IN – ALL athletes must check in at the Pole Vault pit prior to the following deadline:

Girls F/S	Check in by 2:30 pm (Fri)	Boys F/S	Check in by 5:00 pm (Fri)
Girls Varsity	Check in by 8:00 am (Sat)	Boys Varsity	Check in by 11:00 am (Sat)

Failure to check in on time will result in athlete being dropped from the competition and replaced by an alternate.

Schedule

Friday

Girls Frosh/Soph Run throughs begin at 2:30 pm. Competition begins at 3:00 pm.

Boys Frosh/Soph Run throughs begin at 5:00 pm. Competition begins at 5:30 pm.

Saturday

Girls Varsity Run throughs begin at 8:00 am. Competition begins at 8:30 am.

Boys Varsity Run throughs begin at 11:00 am. Competition begins at 11:30 am.

Opening Heights: Boys Varsity = 11'1", Girls Varsity = 8'1", Boys Frosh/Soph = 9'0", Girls Frosh/Soph = 7'0"

Bar will be raised 6" increments until 12 athletes are left in a division, after which the bar will be raised 4" increments. Five Alive Format will be used when necessary. 3 attempts per height.

Time Limit

Once the pit is declared ready. The following time requirements will be in place:

<i>Athletes in Competition</i>	<i>Time Limit</i>
3 or more	1 minute
2 or 3	2 minutes
1	3 minutes

Absence from Competition

If an athlete must leave the Pole Vault area to participate in another event, he/she must report to the Pole Vault Pit Captain before departing. An athlete may be moved to the end of the line as needed/ If the athlete is unable to complete a jump when called he/she will be passed. If the athlete is not present when called, the time limit will be initiated and once expired, the next athlete will be called to compete. An athlete will continue to be passed based on this process until he/she returns. The height of the bar at the time of the return of the athlete will be the height the athlete must attempt. Three consecutive misses will eliminate an athlete from further participation.

The height of the bar will not be lowered.

ALTERNATES

Alternates must check in with the event lead at the event location prior to the posted deadline a half hour before the posted competition time for each event and level. Athletes will be placed in the event if not all athletes report by 15 minutes before the event start time. Alternates will be placed in accordance with their standing on the performance list.

2023 REDONDO NIKE TRACK FESTIVAL FIELD EVENT PROTOCOLS

LONG JUMP & TRIPLE JUMP

Saturday, March 11

CHECK-IN: ALL athletes must check in with the event lead at the event location a half hour before the posted competition time for each event and level.

Failure to check in on time will result in athlete being dropped from the competition and replaced by an alternate.

Schedule

Long Jump

Run throughs start at 8:00 am. Competition begins at 8:30 am.

Pit 1: Boys Varsity

Pit 2: Girls Varsity

Run throughs start at 12:30 pm. Competition begins at 1:00 pm.

Pit 1: Boys Frosh/Soph

Pit 2: Girls Frosh/Soph

Frosh/Soph athletes will be given 3 attempts. No finals.

Varsity athletes will be given 4 attempts. No finals.

Top flights will go first.

Triple Jump

Run throughs start at 10:15 am. Competition begins at 10:45 am.

Pit 1: Boys Varsity

Pit 2: Girls Varsity

Run throughs start at 2:45 pm. Competition begins at 3:15 pm.

Pit 1: Boys Frosh/Soph

Pit 2: Girls Frosh/Soph

Frosh/Soph athletes will be given 3 attempts. No finals.

Varsity athletes will be given 4 attempts. No finals.

Top flights will go first.

ALTERNATES

Alternates must check in with the event lead at the event location prior to the posted deadline a half hour before the posted competition time for each event and level. Athletes will be placed in the event if not all athletes report by 15 minutes before the event start time. Alternates will be placed in accordance with their standing on the performance list.

2023 REDONDO NIKE TRACK FESTIVAL FIELD EVENT PROTOCOLS

HIGH JUMP

Saturday, March 11

CHECK-IN: ALL athletes must check in with the event lead at the event location a half hour before the posted competition time for each event and level.

Schedule

High Jump

Pit 1	Boys Varsity	Run throughs start at 8:00 am. Competition begins at 8:30 am.
	Boys Frosh/Soph	Run throughs start at 11:00 am. Competition begins at 11:30 am.
Pit 2	Girls Varsity	Run throughs start at 8:00 am. Competition begins at 8:30 am.
	Girls Frosh/Soph	Run throughs start at 11:00 am. Competition begins at 11:30 am.

Opening Heights: Boys Frosh/Soph = 5'2", Girls Frosh/Soph = 4'4", Boys Varsity = 5'6", Girls Varsity = 4'6"

Bar will be raised 4" increments until 12 athletes are left in a division, after which the bar will be raised 2" increments. Five Alive Format will be used when necessary. 3 attempts per height.

Time Limit

Once the pit is declared ready. The following time requirements will be in place:

<i>Athletes in Competition</i>	<i>Time Limit</i>
3 or more	1 minute
2 or 3	3 minutes
1	5 minutes

Absence from Competition

If an athlete must leave the High Jump area to participate in another event, he/she must report to the HJ Pit Captain before departing. An athlete may be moved to the end of the line as needed/ If the athlete is unable to complete a jump when called he/she will be passed. If the athlete is not present when called, the time limit will be initiated and once expired, the next athlete will be called to compete. An athlete will continue to be passed based on this process until he/she returns. The height of the bar at the time of the return of the athlete will be the height the athlete must attempt. Three consecutive misses will eliminate an athlete from further participation.

The height of the bar will not be lowered.

ALTERNATES

Alternates must check in with the event lead at the event location prior to the posted deadline a half hour before the posted competition time for each event and level. Athletes will be placed in the event if not all athletes report by 15 minutes before the event start time. Alternates will be placed in accordance with their standing on the performance list.