

# 2025 REDONDO NIKE TRACK FESTIVAL FIELD EVENT PROTOCOLS

## SHOT PUT & DISCUS

**Friday, March 7**

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

### Schedule

**SHOT PUT: Check In by 11:30 am**                      **Competition begins at 12:00 pm**

12:00pm: Girls Frosh/Soph Shot Put

To follow: Girls Varsity Shot Put

To follow: Boys Frosh/Soph Shot Put

To follow: Boys Varsity Shot Put

**DISCUS: Check In by 11:30 am**                      **Competition begins at 12:00 pm**

12:00pm: Boys Frosh/Soph Discus

To follow: Boys Varsity Discus

To follow: Girls Frosh/Soph Discus

To follow: Girls Varsity Discus

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 no finals

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.

# 2025 REDONDO NIKE TRACK FESTIVAL FIELD EVENT PROTOCOLS

## POLE VAULT

**Friday, March 7– Girls Frosh/Soph & Boys Frosh/Soph**

**Saturday, March 8 – 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 8:30 am. Competition begins at 9:00 am.

Boys Varsity Run throughs begin at 11:30 am. Competition begins at 12:00 pm.

**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.

## **2025 REDONDO NIKE TRACK FESTIVAL FIELD EVENT PROTOCOLS**

### **LONG JUMP & TRIPLE JUMP**

**Saturday, March 8**

**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.



# 2025 REDONDO NIKE TRACK FESTIVAL FIELD EVENT PROTOCOLS

## HIGH JUMP

**Saturday, March 8**

**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.