



PRE-NATIONAL HIGH SCHOOL INVITATIONAL

LOCATION:

BOO WILLIAMS SPORTSPLEX
5 ARMISTEAD POINTE PARKWAY
HAMPTON, VA 23666
(757) 637-7300

ELIGIBLE SCHOOLS

ALL NFHS ELIGIBLE SCHOOLS FROM THE FOLLOWING STATES:
VA, NC, MD, DC, TN, KY, WV, NO CLUB TEAMS

MEET DIRECTOR: WILLIAM MOORE

AWARDS:

1ST PLACE, 2ND PLACE & 3RD PLACE INDIVIDUAL AWARDS (JV and HS)
1ST & 2ND PLACE TEAM AWARDS (HS ONLY)
1ST COMBINED FEMALE & MALE TEAM AWARD (HS ONLY)

TICKETS & CONCESSIONS:

ADMISSIONS COST: \$8 PER DAY, \$12 TWO (2) DAY PASS
T-SHIRT VENDOR ON PREMISES
MEET PROGRAMS AVAILABLE FOR SALE WHILE QUANTITIES LAST
CONCESSIONS AVAILABLE
COOLERS AND OUTSIDE FOOD NOT PERMITTED

ENTRY FEES:

\$15 PER INDIVIDUAL (MIDDLE SCHOOL & HIGH SCHOOL)
\$100 PER JV SCHOOL TEAM (**PP = PROMISING PERFORMERS**)
\$150 PER HIGH SCHOOL TEAM
\$250 BOTH HIGH SCHOOL TEAMS

Make check payable to: Coach O
Mail check to:
1623 Singletree Ln
Knoxville, TN 37922

Entry Limitations:

JV and HS athletes may enter a total of 3 events.

Each school is permitted one (1) entry per relay event including **JV- Promising Performers (PP)** events. A school may enter three (3) athletes in each event including **JV- Promising Performers (PP)** events.

Acknowledgement of Consent:

By entering the 2013 Coach O PNHS Invitational all schools consent to abide by all rules, regulations and guidelines consistent with any visitor at Boo Williams Sportsplex. All meet management questions should be directed to: William Moore at coachwill.moore@gmail.com or (757)-593-6985.

Entry:

Online entries will be available at www.coacho.com beginning at noon December 1, 2012 through January 14, 2013, 11:59pm. You must enter all team members on the roster and enter all events during this time frame. Send your entry fees to Charles Oliver, 1623 Singletree Lane, Knoxville, TN 37922.

Your team is not entered until all fees are paid.

On January 15th from 7am to 7pm coaches may go back into their online entries and scratch athletes and substitute from your team roster. **NO NEW TEAM MEMBERS** will be accepted to your roster at this time.

Coaches' Information:

1. Coaches' Meeting: held at center court area, either attend Friday (2:45pm) or Saturday (8:30am).
2. Scratches will be taken at the table in the Timing area. There will be **NO SUBSTITUTIONS** allowed.
3. **RUNNING EVENTS** - Clerk of Course is located to the left of the 60 meter start line.
4. All athletes must report when event is called. The meet will operate on a rolling schedule.
5. **FIELD EVENTS** – Field event athletes must check-in at their perspective competition area 30 minutes prior to the scheduled time. If an athlete has not checked in he/she will be scratched. No exceptions.
6. Bib numbers are worn on the **FRONT** for all events, with the exception of the pole vault and high jump. Athletes who are **NOT** wearing their assigned number will be disqualified
7. Hip numbers **LEFT** hip for all running events.
8. Athletes that have to leave a field event to compete in a running event will have 20 minutes to report back to the field event or they will miss an attempt. Athletes who miss a height due to a running event must reenter the jumping competition at the current height.
9. **Long Jump and Triple Jump warm-ups:** Only the flight that is next to jump will be allowed to warm-up and put their marks on the runway. Each flight will have 15 minutes to warm-up. Each athlete will be allow four (4) attempts only, no finals.
10. **Shot Put warm-ups:** Only the flight that is next to throw will be allowed to warm-up Each flight will have 15 minutes to warm-up. Each athlete will be allow four (4) attempts only, no finals.
11. **Pole Vault:** Only the flight that is next to vault will be allowed to warm-up Each flight will have 15 minutes to warm-up no finals.

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12. No Jewelry is permitted, except religious and medical necklaces or bracelets (must be taped down). No dangling earrings, no other facial piercing items allowed. Disqualification will occur.
13. Only 1/4" spikes or less will be allowed on all track surfaces. Spikes will be checked at the clerking area. 1/8" spikes are recommended.
14. No Coolers or outside food will be permitted in facility.
15. Rest rooms are located at the front and back of the facility.
16. Coaches are NOT allowed inside the oval or the hardwood court. Currently competing athletes will be escorted to competition areas by meet officials.
17. Athletes are not permitted to wear spikes in any area of the facility except on the track and in jumping areas! Spikes must be removed immediately following competition.
18. Athletes are permitted to warm up outside.
19. Training staff will provide first aid and general maintenance care ONLY. Water and ice will also be available.
20. State Verification forms will be signed by the entry clerk. Pick the forms up and then fill them out from the Hy-Tek table.

Rolling Schedule

Friday, January 25th

2:00pm Doors Open. Packets available for pickup (In Vestibule)

2:45pm there will be a coaches meeting, center of basketball court.

IMPORTANT: All athletes must be at the Clerk of Course when their event is called. It is your responsibility to make check-in. Remain at the Clerk of Course for heat assignments, lane assignments, and hip numbers. Athletes in field events must check-in with official at that event.

