

To: Gwinnett County Track Coaches  
From: Jerry Arnold – Mill Creek  
Re: Gwinnett County Track Meet

**DATES** March 24 & 26 Rain date March 30 2007

**TIMES** March 24<sup>th</sup> from 9 – 1 ( Varsity Field JV running ) 2 – 6 ( JV Field varsity running )  
March 26<sup>th</sup> 4 – 8 All Running Finals

**PLACE** Mill Creek High School  
4400 Braselton Highway 124  
Hoschton, GA 30548

**SCORING** 10-8-6-5-4-3-2-1

**AWARDS**

Varsity	Top 4 medals	5-8 Ribbons
JV	Top 3 medals	4-8 Ribbons
Plaques	Top 3 teams in each division	

**ENTRIES** Two entries per school including relays

**We will be doing online entries for this years meet.**

Go to [www.coacho.com](http://www.coacho.com) and follow the instructions after January 4th.  
Deadline for entries are March 21<sup>nd</sup>.

**QUALIFYING**

4 heats	Heat winner plus next 4 fastest times
5 heats	Heat winner plus next 3 fastest times
800 METERS	will take 10 to the final---If 4 heats we will take top 2 in each heat plus next two fastest---If 3 heats we will take top 3 in each heat plus next fastest
1600 and 3200	will be run as finals
3200-meter relay	will be run as a final

**FIELD EVENTS** every contestant in the shot, discus, long jump and triple jump will Be given 3 attempts with the top 9 qualifying for the finals. Pole Vault will go up 6” and High Jump 2”

**COACHING** All coaching or encouraging athletes during running events and field events must be done from outside the track.

**INFIELD** No warm up should take place inside the field.  
There is a warm up track at the middle school or you may use the practice football field for warm ups. The track is off limits as the field events are being contested. Coaches--please help by keeping your athletes and managers in the stands when not competing.

<b><u>TRAINERS</u></b>	athletic trainers will be on hand for all sessions.
<b><u>FACILITIES</u></b>	the track at Mill Creek is an all-weather track. --- <b>1/4 inch spikes only on the track.</b> The runways are made of the same all-weather surface The throwing pads are concrete The warm up track is asphalt with all markings for warm ups. <b>There will not be a dressing area at the stadium</b>
<b><u>PARKING</u></b>	there will be a designated bus parking area at the Middle school
<b><u>ENTRY FEE</u></b>	\$60.00 per team with boys and girls being separate teams ( 120.00 for both b/g ) This money will be used to pay for the awards! Make checks out to <b><u>Mill Creek Track Booster Club</u></b>
<b><u>GATE FEE</u></b>	\$4.00 for adults and \$3.00 for students This money will be used to pay for the County Banquet
<b><u>CONCESSIONS</u></b>	There will be a full concession area provided
<b><u>HOSPITALITY</u></b>	Room will be in the field house. No athletes allowed in that facility.
<b><u>PROTESTS</u></b>	All protests or complaints must be directed to the Meet Director in writing. The Games Committee will make all rule interpretations.
<b><u>RULES</u></b>	All National Federation rules will apply including jewelry and uniforms.
<b><u>RELAYS</u></b>	When entering on line you must list 6 runners---only those 6 may run in this meet
<b><u>T-SHIRTS</u></b>	will be sold both days.
<b><u>CLERK OF COURSE</u></b>	athletes must check in and stay with the clerk of course by 2 <sup>nd</sup> call. Failure to check in and follow clerks instructions will result in disqualification.
<b><u>JV MEET NO 12<sup>th</sup> GRADERS</u></b>	

**Meet Duties**

**Jury of Appeals** Alan Gordon, Andrew Hudson, Bill Shields, Brad Kinser

## **MEET SCHEDULE**

**@ Mill Creek**

We hope to run on time, but if we get ahead, it won't be more than 15 minutes.

Saturday March 24, 2007 – all field events, 4x800's, 1600's, and trials

Scratch meeting at 8:00 AM in the field house

### **EARLY SESSION (9-1) – Varsity field events, JV running events, and varsity 1600 (girls followed by boys)**

<b>9:00</b>	<b>G</b>	<b>3200 final JV</b>
	<b>B</b>	<b>DT</b>
	<b>G</b>	<b>SP</b>
	<b>B</b>	<b>HJ</b>
	<b>G</b>	<b>PV</b>
	<b>B</b>	<b>LJ</b>
	<b>G</b>	<b>TJ</b>
<b>9:20</b>	<b>B</b>	<b>3200 final JV</b>
<b>9:40</b>		<b>4x100m Relay</b>
<b>10:00</b>		<b>1600m Run Varsity final</b>
<b>10:30</b>		<b>400m Dash</b>
<b>11:00</b>	<b>G</b>	<b>DT</b>
	<b>G</b>	<b>LJ</b>
	<b>B</b>	<b>SP</b>
	<b>G</b>	<b>HJ</b>
	<b>B</b>	<b>PV</b>
	<b>B</b>	<b>TJ</b>
<b>11:00</b>		<b>100m Dash</b>
<b>11:20</b>		<b>100/110m Hurdles</b>
<b>11:50</b>		<b>800m Run</b>
<b>12:15</b>		<b>200m Dash</b>
<b>12:40</b>		<b>300m Hurdles</b>
<b>1:30</b>		<b>4x400m Relay</b>

**LATE SESSION (2-6) – JV Field, varsity running (girls followed by boys)**

2:00		4x100m Relay
	B	DT
	G	SP
	B	HJ
	G	PV
	B	LJ
	G	TJ
2:20		1600m Run Junior varsity Final
2:50		400m Dash
3:10		100m Dash
3:30		100m Hurdles
4:00	G	DT
	B	SP
	G	HJ
	B	PV
	B	TJ
	G	LJ
3:50		110m Hurdles
4:15		800m Run
4:40		200m Dash
5:00		300m Hurdles
5:30		4X 800 JV
6:30		4x400m Relay

**Monday March 26th –Finals @ Mill Creek (girls followed by boys)**

4:00		4x100m Relay
4:20		Varsity 4x800m Relay
5:00		400m Dash
5:20		100m Dash
5:40		100m Hurdles
5:50		110m Hurdles
6:05		800m Run
6:25		200m Run
6:45		300m Hurdles
7:15		3200m Run Varsity
7:45		4x400m Relay

- Time changes will be adjusted according to weather
- Awards will be given out after the field event is completed or running final