

## Entries!

**Monday, May 7**--- By 8:59pm, 4 Days prior to the Regional Meet, All entries for **Region 4** need to be sent. After this time, an athlete may be added only to replace an injured or ill competitor, and only if documentation, signed by a physician, is presented to the KHSAA to cause the need for substitution. Since entry process is done via Milesplit, the window will close at 8:59 PM EST on this day. **NO EXCEPTIONS. DO NOT WAIT UNTIL THE LAST MINUTE!!**

**Tuesday, May 8** --- By 9:00pm, 3 days prior to the regional meet, the manager shall distribute a preliminary performance listing. EMAIL **ME/DAVE/ROSE**

**Wednesday, May 9** --- By 9:00pm, 2 days before the region, all coaches desiring to challenge a particular time shall have notified the regional manager as to the objection, and the regional manager shall thereafter resolve and determine the entry time.

**DAVE/ROSE**

**Thursday, May 10**- One day before the region, the final performance list will be distributed.

**DAVE/ROSE**

**Friday, May 11**- 6:00PM Regional Meet at Scott High School

Fill the Relays!

Be sure to put in 8 POSSIBLE NAMES FOR ALL RELAYS!

Fees!

- a. Each Gender per team pays 100 dollars. If you are a team with 6 or less running at regionals it will be 5 dollars per athlete.
- b. Make Checks to Scott High School Attn: Zach Triplett (Must have this BY REGIONALS AT LATEST); **Mail to 5400 Old Taylor Mill Road, Taylor Mill KY 41015**

## Paperwork!

Inhalers Form KSHAA Form TR120 & Pole Vault 4 Meet Verification Form KHSAA Form TR122. Remember Pole Vault proof of 4 meets has to be on the spot proof if challenged!

## Gate!

Entry will be 7\$\$ for Spectators

## T-Shirts: (Pass along to Parents & Athletes) Pre-Order ONLY

Reminder that all Region shirt orders must be placed by **Sunday May 6th**. No sales at the meet.

Back of all shirts will be printed with school names.

All pre-ordered shirts can be picked up at the meet.

<https://regions.itemorder.com/sale>

## Coaches Meeting!

This is it, we will have one at the scheduled time on the attached meet schedule the day of regionals

## Jury of Appeals!

NEED VOLUNTEERS: Please email coach Triplett.

Boys: Coach

Girls: Coach

## Officials?

Still waiting on word

**Trainer!**

Yes, one will be there

**Rain Date!**

At this point does not exist

**Field Events!**

3 Jumps/Throws then **TOP 7** to finals, those making it to finals will get 3 more throws/jumps.

Open Pit for Jumps 45 Minutes then a brief break leading into finals. Finals have to throw/jump in order (Worst to Best)

Shot and Disc will be separated into 2 equal flights, with a brief warm up period before each flight

Pole Vault Starting Heights 5 for girls, 7 for boys. High Jump 4 for girls, 5 for boys.

**Weigh IN!**

Pole Vault and Shots/Discs. Remember the **MOMENT** an implement is weighed it becomes a common implement that ANY athlete can use.

**Check IN!:**

100 Meter Start line for ALL running events, field events at the venue. Fast Heat (Last Heat will always be full 9 lanes)

**Qualify!**

Top 2 in each event, then automatic times (This rarely happens), then next best 10 in the state. Our Region is **LOADED** as always, remind your athletes, especially relays (Baton Throws) that the 6<sup>th</sup> best time at regional, could still be the 6<sup>th</sup> best time in the state. We want **ZERO** silly, unnecessary DQ's

**Jobs! We need your help!**

Make sure you have help! I may have a few runners/parents here or there that can do some dirty work (Getting the discus, putting up HJ bar, raking pits) but cannot guarantee this!

Most of my parents are helping with concessions, awards, shirts, gate announcing, etc.

I will have an extra official at the following field events...

Buddy Dittus: High Jump

Jerry Mohr: LJ/TJ

Bobbi Grimm: Clerk

Girls:

Shot- Highlands

HJ- Western Hills

LJ- Harrison Co.

TJ- Holmes

Discus- Franklin Co.

PV- Pendleton

Boys:

Shot- Highlands

HJ- Scott

LJ- Lexington Catholic

TJ- Bourbon  
Discus- Scott  
PV- Pendleton

Hurdles/Relays:

4x2

(Far Zone):Bourbon, Harrison Co, Scott, Lexington Catholic  
(Start Line):Holmes, Pendleton, Western Hills

4x1

1<sup>st</sup> Exchange: Franklin Co, Highlands

2<sup>nd</sup> Exchange: Bourbon, Harrison Co

3<sup>rd</sup>: Exchange Lexington Catholic, Holmes, Western Hills

Hurdles: (Scott)

Keep the Same Hurdle for 100/110's and 300H