

2018 VHSL Group 5A South REGIONAL OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Gloucester High School
Gloucester, Virginia 2306

FINAL INSTRUCTIONS

1. All entries have been **DECLARED** as of May 21, 2018 @ 11:59 p.m. The performances are posted on "**Milestat**".
2. Please read over **ALL MEET** instructions via your **AD** Or posted on **Milestat**.
3. Points of emphasis:
 - a. **Packet pick up** - upon entering the roadway to the back of the stadium.
 - b. **Athletes entrance** - "**BACK GATE**" to the stadium only.
 - c. **Athletes** - must wear "**WRISTBANDS**" at all times. "**WRISTBANDS**" will be in your packets based on the number of entries submitted in the meet.
 - d. **Parking - Chalk** used on the runways and track only.
 - i. **School buses** - Please use Lowes or Walmart on Friday until school lets out @ 3:00.
 - ii. **Spectators** - Student parking lot. Please **DO NOT** park in the fire lanes.
 - e. **Team camps** - Please keep your areas clean. Trash bags will be provided.
 - f. **Uniforms** - dress code for **ALL** athletes. Spikes will be checked to make sure they are $\frac{1}{4}$ ".
 - g. **Track**
 - h. **Athletic Trainer** - will be located outside the fence across from the **FINISH LINE**.
 - i. **Opening Heights**
 - i. Girl's Pole Vault - (7-0)
 - ii. Boy's Pole Vault - (10-0)
 - iii. Girl's High Jump - (4-4)
 - iv. Boy's High Jump - (5-8)
 - j. **Awards** - presented by the Coach of the "**Winning**" event.
 - k. **Hospitality Area** - there will be a Hospitality Area located outside racetrack near the finish line for Coaches, Officials and Volunteers only.
 - l. **State Meet** - entries are due **Sunday, May 28th @ 12 noon**. Pay close attention to the "**Declaration**" rule.

We have made an effort to provide the Best 5A South Regional Meet possible. You need to make sure your athletes are aware of what's going on at all times. ALL events are located inside the Sports Venue so they should arrive at each venue on time. We will go according to our meet schedule or use a rolling schedule if the weather becomes an issue.

Best of Luck from,
GHSXCTF Staff
GHS Administration & Staff

Gloucester County Public Schools