



TRACK AND FIELD

Lipscomb Academy Track

Athletes – 285

Coaches - 75

SATURDAY, MAY 21ST

8:30 A.M.-5:00 P.M. Competition

11:30 A.M.-2:00 P.M. Lunch

* Lunch as schedule permits





TRACK AND FIELD SCHEDULE

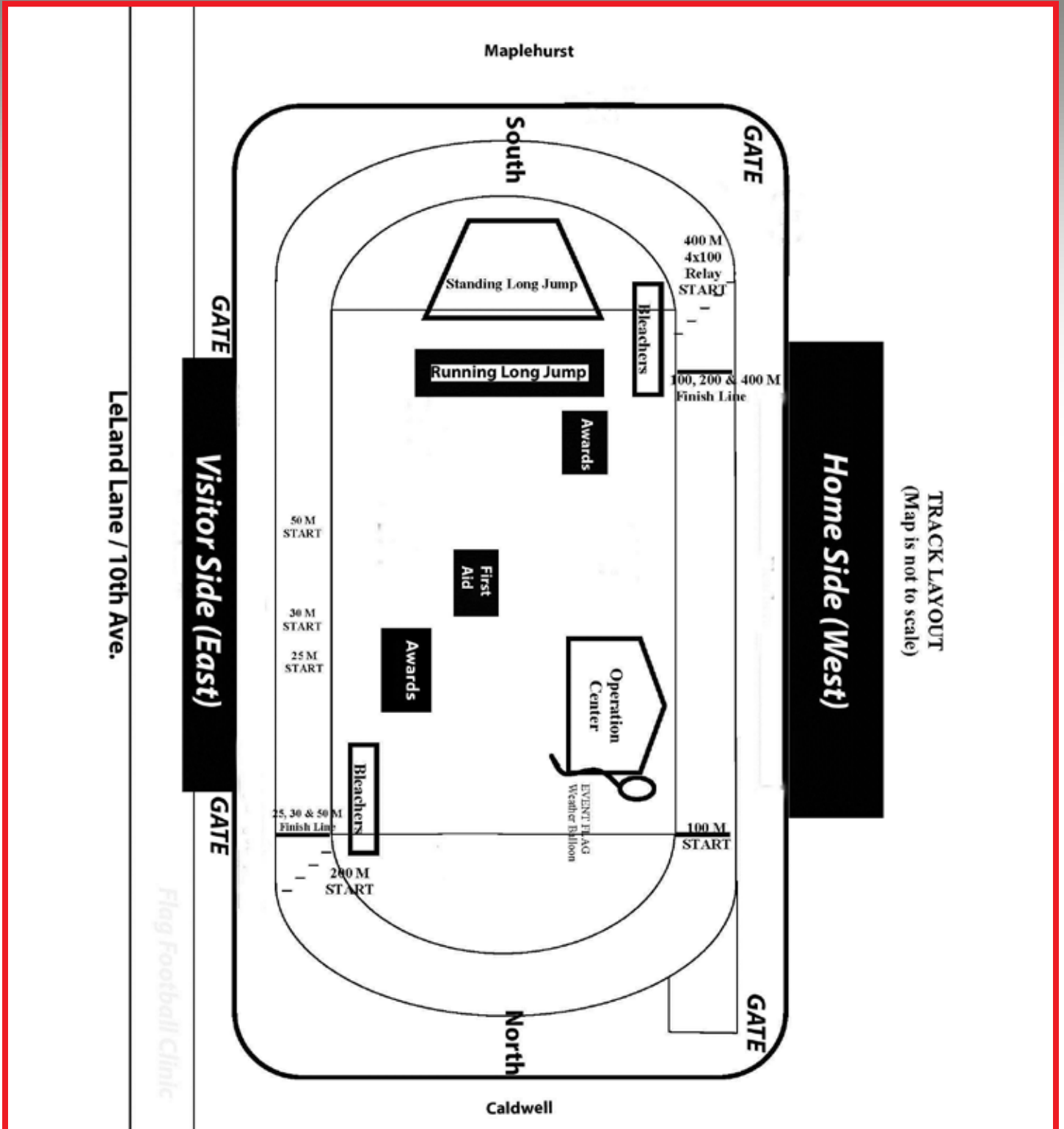
FLAG COLOR	APPROXIMATE TIME	VISITORS/ EAST SIDE OF TRACK	HIGH JUMP PIT AREA	HOME/ WEST SIDE OF TRACK	SOUTH END OF TRACK	FOOTBALL PRACTICE FIELD
Green	8:45			400MW (AA) 400M (AA) 4X100M RELAY(AA)		
Red	9:30	50MMWC (AA) 25MWC (AA) 30MMWC (AA) 30MWC (AA)		100MW (AA)		
Yellow	10:00	50M (8-11)	STLJ (12-15)	100M (16-21)		SOBT (22-29 & 30-99)
Blue	10:45	50M (30-99)	STLJ (16-21)	100M (22-29)	RNLJ (8-11)	SOBT (12-15)
Orange	11:30	50M (22-29)	STLJ (30-99)	100M (8-11)	RNLJ (12-15)	SOBT (16-21)
White	12:15	50M (12-15)	STLJ (22-29)	100M (30-99)	RNLJ (16-21)	SOBT (8-11)
Green	1:00	50M (16-21)	STLJ (8-11)	100M (12-15)	RNLJ (22-29 & 30-99)	
Red	1:45	200M (AA)				

EVENT	CODE	EVENT	CODE	EVENT	CODE	EVENT	CODE
400 Meter Walk	400MW	50 Meter Motorized Wheelchair Slalom	50MMWC	30 Meter Wheelchair Slalom	30MWC	Running Long Jump	RNLJ
400 Meter Run	400M	100 Meter Walk	100MW	50 Meter Dash	50M	Softball Throw	SOBT
4x100 Meter Relay	4x100M	25 Meter Wheelchair	25MWC	Standing Long Jump	STLJ	200 Meter Run	200M
All Ages	AA	30 Meter Motorized Wheelchair Slalom	30MMWC	100 Meter Run	100M		





TRACK AND FIELD MAP



TRACK LAYOUT
(Map is not to scale)



TRACK AND FIELD

Flag System

Coaches please note “Track and Field” is run by a system of FLAGS and TIMES (the times are approximations and we may either run a little ahead or a little behind) therefore it is very essential that you pay close attention to the color of FLAG being flown. FLAGS always take precedence over TIME. A weather balloon will be flown at the Operations Center area with the FLAG attached in order that all venue sites will operate under the appropriate FLAG.

Example of Flag System for Saturday, May 16th

FLAG	TIME	EVENT
GREEN	8:45	400 MW (AA)
		400 M (AA)
		4x100 M Relay (AA)
		50 MWC (AA)
RED	9:30	25 MWC (AA)
		30 MMWC (AA)
		30 MWC (AA)
		100 MW (AA)

At approximately 8:30 the GREEN FLAG will be raised and first call will be given for the 400 METER WALK. A second and third call will be given and by approximately 8:45 this event will begin. No other events will take place until all divisions of those events have been run. As soon as those events are finished the RED FLAG will go up and the athletes competing in the 50 METER MOTORIZED WHEELCHAIR SLALOM will be given three calls to be at their event. Then, still under the RED FLAG, the remaining events will be called. Then the YELLOW and then the BLUE, etc. as the day goes on. If an athlete is not at an event at his/her scheduled time they will be scratched and not allowed to compete in that event. COACHES ARE RESPONSIBLE FOR MAKING SURE THEIR ATHLETES ARE AT THEIR EVENTS ON TIME (OLYMPIC TOWN IS FUN BUT IS NOT AN EXCUSE FOR MISSING AN EVENT.)



Athlete’s Age Group

The Age Group of an athlete is determined by his/her age as of the opening day of the Games. An athlete may compete in an Area or County Games as an eleven year old (8-11 age group) but then have a birthday prior to coming to the State Games. This would change the age group in which the athlete would compete in at the State Games to the 12-15 age group. Please be aware that this situation may arise and do not go to an Event Director and try to get your athlete changed on a heat sheet. Also, due to the limited number of athletes who participate in Aquatics, we sometimes have to cross over age groups/gender in order to have a sufficient number in a division. Please remember that we division by ability first and we may have to swim an eleven year old against a thirty year old in order to have competition. Otherwise, these athletes may be the only athlete in their age group and event and will not have anyone to compete against. Also, the event director has been instructed to disqualify any athlete who may exceed the 15% divisioning rule and to re-division that athlete in an appropriate heat. This will be the case if an individual athlete far surpasses the rest of the swimmers/runners in a heat.

