

INFORMATION FOR COACHES & ATHLETES AT UNH MEETS

1. Order of Running Events: 3000m; 55mH; 55m; 1000m; 600m; 300m; 1500m; 4x400m Relay, 4x160m Relay. (Girls **always** precede Boys).
2. Order of Field Events: Girls first in High Jump and Shot Put. Boys first in Long Jump.
3. Scoring in all regular meets will be 6 places (6-5-4-3-2-1), relays will be (12-10-8-6-4-2).
4. Number of laps per event: 3000m—18.75; 1500m—9.375; 1000m—6.25; 600m—3.75; 300m—1.875. All of these events finish at the same place—underneath the big white beam on the sprint straight-a-way.
5. SPIKES: At UNH, no spiked shoes or shoes designed for spikes are allowed, except for in the high jump.
6. **All competitors and spectators must remain within the track facility. Anyone found in other parts of the building will bring immediate disqualification to their team that day. The only time athletes should be in the main hallway and front lobby is when they are entering the building or going to the bathroom. They should not "hang out" there, nor should they warm up in the hallways. THEY MAY GO OUTSIDE TO WARM UP.**
7. The coach's first responsibility when arriving at the cage is to report to the table and enter their athletes. Tickets should be filled out before you arrive at U.N.H and should be done neatly. **ARRIVE AT THE CAGE 15-30 MINUTES BEFORE YOUR SCHEDULED MEET.** If you arrive earlier than that, team members must stay on their bus until then. Do not turn in tickets for athletes who aren't there. Check your tickets on the bus.
8. In the 3000 meter run, only the top 6 finishers will have their laps counted and times taken by the officials. **All others** are your responsibility. You should assign one person to each of your athletes (non-scorers) to count their laps and to tell them how many laps they have to go. If an athlete qualifies but is not in the top 6, **you** must turn their ticket, with your time on it, in to me that day.
9. Ticket Colors - Blue (Boys); White (Girls).
10. All tickets must have a time under BEST TIME in order to be seeded properly. If you do not have a best time, use a predicted time. **DO NOT** put spring event times on the ticket or **slow**, etc. Tickets without times will automatically go in the slowest possible heat. However, once an athlete has run an event this year, **you must use that time (including tenths)** - you can't estimate a faster time to get the athlete into a different heat. Coaches should fill out tickets, not athletes. Tickets must include first names for potential scores.

11. On your tickets for the 55m Dash and 55m HH, put DASH and HURDLES for event, rather than 55m or 55 HH.
12. In all meets, the sprint relay will be run in lanes for the first two laps. The 3rd runner may cut in immediately after receiving the hand-off. In this relay, we will only run 2 teams at a time. If there is an odd number of teams, then we will run 3 teams in the slowest heat.
13. There will be no shot putting, high jumping, or long jumping allowed after competition in that event has ended. No sitting on high jump pit after the event is completed.
14. All athletes must compete in an official school uniform. Decorative or ornamental accessories (as determined by the clerk of course) are not allowed. Any visible garments worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single, solid color. Any garment worn underneath the uniform bottom and that terminates above the knee is considered a foundation garment and not subject to being a single, solid color. In relays, any visible garments worn under the uniform top and/or bottom, and extending below the knees, shall be unadorned and of the same, single solid color, but not necessarily the same length. Visible items worn under both the top and bottom do not have to be the same color.
15. In the Long Jump, there will be no runbacks, even in warm-ups. An athlete should have a measurement, then run forward and adjust accordingly.
16. **No food or drinks other than water are allowed in the indoor track at UNH**