

A few notes:

Doors open at 8am

We have accepted 5 flights in the Long Jump., 4 flights in the Shot Put and 3 flights in the weight throw for each gender.

The weight throw flights we will throw Worst to Best and the Shot Put flights will throw Best to Worst.

We will have invitational sections in both throws and those will be the only athletes able to qualify for finals. Everyone else will receive three attempts.

There will be 30 minutes after the toeboard is added for Invitational Shot Put to warm-up

Long jump 3 unseeded flights will jump on the runway closest to straightaway, no finals. The 2 Invite flights will jump on the runway closest to stands.

For running events you must check-in at least 30 minutes before the scheduled starting time. We will make the sections after the initial check-in. Your athletes will then get called back for heat and lane assignments.

All Final running events are run fast to slow.

Athlete Drop off and Pole Vault Poles need to use the Main Entrance on 91 Guest Street using the outside stairs. Bus parking is off site so drop off only (Soldiers Field Rd. DRC Parking lot @ 1175a Soldiers Field Boston 02116 for bus parking).

Parking for vans and cars will be in the garage at New Balance or Warrior Ice Arena and it is paid parking \$15 fee.

Athletic trainers can set up at the warm-up track Warm-up area- You are free to warm-up on the 8 lane 60 meter straight outside of the far end of the track and the practice track on the floor above.

Please, tell your athletes to not warm up on the infield. This facility has tons of space outside of the oval for warm-up.

Vinyl tape only for marks (no chalk or athletic tape) we will have some for teams to use Please, set up all team camps in the seating area.

Do not set up on the warm-up track or on the competition floor. We want to keep those areas free for competitors and active warm-up.

Blocks will be allowed for the first 10 sections in each 200 and 6 sections of the 400 and 500 after that no blocks will be allowed

We will run two long jump and triple jump pits

We plan on running two high jumps and pole vaults as long as officials are available.

We will run up to 20 minutes ahead of schedule each day

Please, have everyone spike check early in the day it is right by third turn of the track against the bleachers

The coaches and athlete wristbands are the same for both days please have everyone keep them for both days.

Admission for Spectators (cash only): Adults- \$10 each day Children under 16- free