

BROOKWOOD BRONCOS JV HOME MEET #2

March 6, 2018 @ THE DAVE HUNTER COMMUNITY STADIUM

ADDRESS: BROOKWOOD HIGH SCHOOL 1255 DOGWOOD ROAD, SNELLVILLE, GA 30078

ADMISSION: ADULTS: \$3 STUDENTS: \$2 6 & UNDER ARE FREE SENIOR CITIZENS 62 & OLDER ARE FREE GCPS ID: FREE

UNIFORM: BOYS WILL WEAR WHITE SINGLET'S AND BLACK SHORTS UNLESS THEY ALREADY HAVE SPEEDSUITS

ADD. INFO: Athlete's must arrive at the meet at least 1 hour and 15 minutes prior to their event. All boys who are NOT going home before the meet must report to the stadium no later than 2:30pm. You are not allowed to just wander around campus.

IF YOU MISS YOUR EVENT(S) FOR ANY REASON WITHOUT PRIOR PERMISSION THEN YOU WILL BE COUNTED AS UNEXCUSED FOR THIS MEET. 2 UNEXCUSED MEETS = DISMISSAL FROM TEAM

ROLLING SCHEDULE

After the completion of the 4x800m Relay there is no "set" schedule. Times listed are only an estimate.

FIELD EVENTS START @ 3:30 PM

3:30pm	HIGH JUMP	
	TRIPLE JUMP	
	POLE VAULT	
	SHOT PUT	
~4:30pm	LONG JUMP	
	DISCUS	

RUNNING EVENTS START @ 3:45 PM

3200m 3:45pm	GIRLS
4x800m ~4:05pm	
4x100m ~4:35pm	
1600m ~4:45pm	
400m ~5:45pm	
100m ~6:10pm	
100mH ~6:50pm	
800m ~7:10pm	
200m ~7:50pm	
300mH ~8:35pm	
3200m ~8:55pm	
4x400m ~9:15pm	

ADDITIONAL MEET INFO TO HELP GUIDE YOU DURING THE MEET!

PLEASE USE THE MAP BELOW TO HELP YOU FIND YOUR WAY DURING THE MEET.



RULES FOR THE INFIELD:
NO ATHLETES ARE ALLOWED ON THE INFIELD UNTIL THEY ARE RELEASED TO ENTER THE TRACK BY THE PEOPLE RUNNING THE CHECK-IN. ALL ATHLETES MUST EXIT THE INFIELD AFTER THEIR EVENT IS COMPLETED.

BHS HOME MEET INFORMATION:

- All parking must be in the student parking lot.
- Athletes are not allowed on the infield until their event.
- No spectators on the infield – only Coaches and those competing.
- Athletes: Do not enter the track through the stairs in the stands. You may only enter and exit the track under the scoreboard.

WE HAVE A LOT OF NEW ATHLETES ON THE TEAM THIS SEASON WHO HAVE NEVER BEEN TO A MEET BEFORE!

PLEASE USE THIS TO HELP YOU DURING THE MEET!

ONCE THE MEET STARTS:

1. YOU MUST PAY ATTENTION TO THE ANNOUNCEMENTS.

- A. There will be a 1st Call, 2nd Call and 3rd Call for each event. It is your responsibility to make sure you are warming up and ready to check in by 2nd call. See map for check-in location.
- B. All athletes must be checked-in and ready to compete by 2nd call.
- C. Do not bring anything to the check-in area except the items you need to compete (sweats are fine).

2. EVENT WARM-UP & COOL-DOWN.

- A. If you fail to warm-up or cool-down properly then you run the risk of getting injured.
- B. You need to warm-up for your event the same way you warm-up for practice.
 - a. For example – the sprinters need to jog for 8-10 minutes, stretch, drills, leg-swings, etc.
- C. You will be warming up with the athletes that are competing in the same event as you.
- D. Coaches and the upper classmen will help the new athletes to figure out when to start warming up. Once you leave to warm-up you shouldn't need to go back to the stands so bring your spikes with you. **DO NOT BRING YOUR CELL PHONES.**
- E. Please make sure to do a proper cool-down after your race. Put on your sweats, jog and stretch.

BEFORE YOUR LEAVE THE MEET:

EVERYONE NEEDS TO HELP WITH TRASH CLEAN-UP!