RUNNING EVENTS

ATHLETE WARM UP & CHECK IN PROCEDURE

Contestant Warm Up Area inside PlainsCapital Park/Lowrey Field

- The football infield will only be used for Pre-event check in & Post-event cool down.
- All contestants must do their general meet preparation and warming up in the designated warm-up area of PCP/Lowrey Field. (Discus Area)
- Coaches are allowed in the warm-up area.
- It is recommended that athletes leave all valuables and personal belongings with coaches, teammates or parents.
- The warm-up area will be available for use starting at 12:30pm.
- The track is CLOSED from 11:30am until the completion of the High Jump.
- The track is OPEN for Relay exchanges from 1:15pm-2:00pm each day.
- All relay & running event contestants must check in with the clerk in the warm-up area.
- Athletes will be released to the secondary staging area located under the south goal posts 20 minutes prior to race time.
- Hip numbers will be issued at the secondary staging area.
- NO Coaches Allowed on the infield or the track perimeter during the RUNNING FINALS.
- Coaches, Team Camps, Non Contestants are not allowed on the infield.
- All athletes should return to the warm-up area or the spectator stands after competition.

FIELD EVENT & 3200m Run

ATHLETE WARM UP & CHECK IN PROCEDURE

Contestant Warm Up Area inside PlainsCapital Park/Lowrey Field

- The football infield will be used for FIELD EVENT & 3200m Run warm-ups from 7:30am to 12:00pm
- The track is closed from 11:30am until completion of the 12:30pm high jump.
- All field event participants must do their general meet preparation and warming up in the designated warm-up area of PCP/Lowrey Field. (football infield)
  - Note: Pole Vaulter shall weigh in and poles inspected 1 hour and 45 minutes prior to event time at the Southeast corner of the football stadium. (located near the pole vault venue)
  - Note: Shot and Discus weigh in between 7:30-8:30am. (Southwest Garage-near shot ring)
- 1 coach allowed with athlete in the infield for field event warm-ups only.
- 3200m participants will check in at the staging area ONLY. (No preliminary check in available)
- Field event participants will check at their designated event venue 1 hr. prior to start time.
- NO 3200m coaches are allowed on the infield during competition of their athlete.
- Coaches, Team Camps, Non Contestants are not allowed on the infield during competition.
- All athletes should return to the warm-up area or the spectator stands after competition.