

## **MVC Track and Field Championship Meet Coaches Information**

May 26th, 2022 Mountain Valley Championship Meet at Lisbon High School, Lisbon, ME.

Coaches Meeting will begin at 12:45pm, on May 26th. Each team will have a packet with the following in the packet; relay cards, meet program, coach's award nomination for Boys Coach of the Year as well as Girls Coach of the Year, performers of the meet nomination and a trash bag. We are asking that all coaches please pick up packets prior to 2:15pm.

During the Coaches Meeting, scratches of athletes will take place, please note; **that once a coach makes a scratch of an athlete that athlete is scratched for the entire meet and the events they were entered.** (After this meeting heats and flights will be reseeded)

At 1:15pm Field Events will begin. It is imperative that all athletes need to check into their field events. If an athlete needs to check out for a running event, running events take precedent over field events. Once the running event is completed, athlete who checked out of field event, needs to return to field event to complete that event in a timely manner. (10 minutes)

At 2:00pm, Track Events will begin. The meet is being time by Mark Dennett, using Fully Automatic Timing. **Due to Lisbon having a 6 lane track, ALL EVENTS WILL BE RUN ON TIME, no semi's will be run for 100's and hurdles** We ask that athletes check into events on time to ensure that the meet runs on time and is efficient. We ask that when athletes cross the finish line **that they** stay there until the finish line official dismisses them. We also ask athletes, and fans to keep away from **the finish line** camera to avoid compromising the camera or an event. We also ask all that non-competing athletes, and fans to stay out of the infield of the track.

Voting for the Male and Female Performer of the Meet, and Coach of the Year Staff. Each Coach will get a nomination sheet for Male/Female Performer of the Meet, and Male and Female Coach of the Year. Please submit your votes to us before the 4x400 event begins.

**Entries-ALL ENTRIES are to be submitted using MileSplit by 6pm on May 24th. All entries need to be submitted using MileSplit. If Entries are not submitted by May 24<sup>th</sup> at 6pm, a \$35.00 fee will be charged (to the sending school.)**

May 25th there will be a performance listed ready for view. There will not be a seeding meeting for this MVC Championship Meet.

MVC Qualifying Standards are included in the email. Each athlete that has qualified for that event can be submitted. There are no limits on how many qualifiers from each school per event. Coaches should be ready to verify any submitted entry

Please let fans know that we will be charging for admission for the Meet. Adults \$5.00, Students \$3.00

**We are looking forward to an exciting meet** that will showcase our talented athletes of the Mountain Valley Conference.

Eric Hall      Assistant Principal/Activities Director      Lisbon High School