

Coaches Information - 2017

Complimentary coffee and donuts for COACHES and BUS DRIVERS are located near/under the tent on the infield.

Welcome to the 17th Annual Merrimack Valley Invitational Track Meet. There will be a coaches meeting at **9:30am** on the infield.

Please go over these points of emphasis with your athletes:

- Make scratches in ALL RUNNING events ASAP under infield tent. Scratches in field events can be done at the event area.
- Implement Certification is located in the White Trailer outside of the track's fence on the first turn
- All teams are to set up camps outside the track area on the field hockey field.
- There are **NO RUNBACKS** on the Pole Vault, LJ, and TJ.
- The use of tape will not be permitted at the LJ, 3J, HJ, Pole Vault, or relay zones. **Chalk will be provided.**
- The check-in area for all running events will be located on the infield.
- **Athletes need to enter the track on the main straightaway. Exit races by turning right and walk out toward team areas.**
- Please remind your athletes not to remain in the infield when they are not competing and definitely not near the finish line area.
- There will be **ONE CALL** only for all events today, so make sure your athletes are aware.
- * **Only 3/16" pyramid** are spikes allowed on the track and runways. All competitors' spikes will be checked at each event. 3/16th spikes are on sale at the club house window facing the middle school.
- Athlete's vaulting poles are to be rated at or above your athlete's weight. Coaches should check-in with their athletes to certify the athlete's/pole meets all requirements.

Please place your initials after you athletes name on the official's event sheet.

- Live Results will be posted on www.pridetrackandfield.org – as well as in the Middle School Cafeteria windows. Complete meet results will be available on Direct Athletics and www.pridetrackandfield.org at the conclusion of the meet.
- In case of thunder and/or lightening the middle school gym will be accessed. Please enter the middle school on the east side of the middle school building (double doors next to the team set-up area).
- Coaches, please collect any remaining awards/packet at the end of the meet.
- *Trainer Tom Clark will be located under the tent on the infield.*
- **Please remind your athletes to pick up their awards for places 1st through 6th at the clubhouse window near the announcer's booth within 5 minutes after results are announced.
- Restrooms are located at the football stadium. Concession stand is in the middle school cafeteria.
- There will be a coaches meeting at 9:30 am on the infield.
- Coaches, please collect any remaining awards/packet at the end of the meet.

Thank You for your participation in this year's MVHS Invitational! Have a terrific meet!