

Holloman Invitational Track Meet

April 3, 2024

1. Meet to be held at Alamogordo High School, 103 Cuba Ave, Alamogordo, NM 88310
2. Register athletes no later than **Tuesday, April 2, 2024 by Noon**. Please enter entries on www.runnercard.com
3. We use the label system. So please write the athletes name, school, gender, and event on the label.
4. In all running events, at a minimum, please include seed times of your fastest 3 runners to ensure they are in the appropriate heat. If you don't know an athlete's time, it is okay to leave blank.
5. **Scratch Meet: 3:00pm** – High School Concession Stand.
6. Running events have precedence over field events, but we ask that field event participants check in with the judge when a running event conflicts with the field event. *****PLEASE REPORT BACK TO FIELD EVENT NO LATER THAN 10 MINUTES AFTER THE COMPLETION OF YOUR TRACK EVENT.*****
7. Schools can enter more than one relay. However, only the fastest relay from each school will be scored.
8. **Athletes may enter four (4) events, but no more than three (3) may be running or field events.**
9. All long jump and triple jump participants will be allowed three (3) jumps.
10. All high jump participants will be allowed three (3) jumps at each height attempt.
11. All shot and discus participants will be allowed three (3) throws
12. All jumping marks must be marked by 4 PM. If you are not marked by 4 PM, you will have to wait until the end of the event.
13. Scratch marks for field events

Girls Shot	15 ft	Girls Long Jump	8' 0"
Boys Shot	25 ft	Boys Long Jump	10' 0"
Girls Discus	40 ft	Girls Triple	No Mark
Boys Discus	50 ft	Boys Triple	No Mark

STARTING HEIGHTS ARE AS FOLLOWS:

High Jump – Girls
3'10" 2" thereafter

High Jump – Boys
4'4" 2" thereafter

14. Scoring: Individual: 7-5-4-3-2-1 Relays: 10-8-6-4-2-1
15. No spikes longer than $\frac{1}{4}$ " will be permitted. Athletes will be disqualified from further participation in the meet for wearing longer spikes or abusing the track or runways in any way. **Takeoff marks for relays should be marked with tennis balls and not scratched into the track.**
16. To avoid congestion on the infield, the following rules have been established:
 - (a) Participants will enter the infield **only** after the first call for his/her event.
 - (b) Coaches will be allowed on the field.
 - (c) Each team will be allowed only two (2) managers on the field.
 - (d) Athletes should remain in the stands unless they are preparing for an event. **NO CAMPS ON THE FIELD.**
17. **No** athlete will be permitted in the bleachers with spikes on.
18. Ribbons will be sorted at the press box. Coaches please pick up your ribbons before you leave. Team scores will be made available as soon as possible. All results will be posted on Runnercard.

Please register your athletes on www.runnercard.com

Deadline --- April 2, 2024 at noon.

