



2024 TRACK & FIELD CHAMPIONSHIP

Piedmont High School

Thursday April 4, 2024

Meet Directors: Kelly Beck kelly.beck@piedmontschools.org
Jon Bakewell jon.bakewell@piedmontschools.org

Start Times: 8:30 Coaches Meeting in the east field house
9:00 Field Events
9:45 Running Events

Each school will be permitted to enter three contestants per event and 1 relay per event.
Athletes are limited to 4 events total

Timing is provided by Elevate Timing and athletes will be entered on Mile Split

OSSAA and National Federation rules apply.

Individual medals will be awarded for the first three places in each event. Scoring will be
10-8-6-4-2-1 for individual and 20-16-12-8-4-2 for relays

Shot and discus will be thrown from concrete slabs. Shot, discus, long jump contestants will be
given 3 attempts. Top 8 will be taken to finals and be given 3 additional attempts.

In the HJ, starting height will be two inches lower than the lowest valid seed. The PV will begin
six inches lower than the lowest valid seed (not to extend lower than standards will allow).

Our goal is to have volunteers and Piedmont coaches run the field events. We will need
coaches to run the exchange zones. We can determine those assignments the morning of the
meet.

- This meet will be seeded and pre-heated in advance; heating benches will serve as a check-in station for athletes and coaches. Athletes will report to the starting line no less than 10 minutes before they compete
- Campsites will be in designated grass areas around/outside the track facility.
- All warming up and/or cooling down must be done outside the track facility, not on the infield.
- Admission will be \$5 online and \$7 at the gate. Link for tickets will be sent out to all coaches and athletic directors
- Concession stand will be available,
- Planned hospitality room for coaches.

TRACK MEET SCHEDULE

COACHES MEETING: 8:30 AM

FIELD EVENTS: 9:00 AM

RUNNING EVENTS: 9:45 AM

Order of Events

Field events

Pole Vault G-B

Shot B-G

Discus G-B

High Jump B-G

Long Jump G-B

Timed Finals

4X100 meter relay G-B

4X800 meter relay G-B

100 meter hurdles G

110 meter hurdles B

100 meter dash G-B

3200 meter run G-B

4X200 meter relay G-B

800-meter run G-B

400 meter dash G-B

300 meter hurdles G-B

200 meter dash G-B

1600 meter run G-B

4X400 meter relay G-B

